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Feature on page 9

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Morrisons: Work temporarily halted

JORDAN DAY

WORK on developing a multi-million pound new Morrisons store in Newmarket has ground to a temporary halt.

Lincoln-based developers, Simons Group, secured planning permission to demolish the former Newmarket Gasworks, in Exning Road, and to build a new supermarket on the land last spring.

Work commenced in July but Forest Heath District Council has confirmed that the demolition has been "temporarily halted" due to the discovery of live cables at the site.

The developers have also had to temporarily stop clearing the site until the council agrees that conditions relating to contamination and dust issues are being adhered to.

Simons Group insists the issues will not delay the opening of the store.

A spokesman for Forest Heath District Council said: "There were two applications for the site – both from the same developer.

"The first involves the demolition of a building. The council has been informed that demolition work has been temporarily halted after the discovery of live cables.

"The second application relating to the remainder of the former gas works site was approved with several planning conditions to be fulfilled before any demolition work could begin.

"These are in place to address any issues that may arise either from contamination, and from dust, once demolition work begins.

"The developers have contacted the planning department in the past week to discuss the pre-commencement conditions and have submitted an application to formally discharge these.

"They have agreed not to continue clearing the site until these conditions have been discharged."

A spokeswoman for the Simons Group, which has built Morrisons, Asda and Marks and Spencer stores, among others, across the UK, said: "We have submitted all the required applications for the work to be carried out and are working in accordance with the agreed planning conditions.

"We are working to the schedule and are very much on track as planned."

MORRISONS: Work at the site in Exning Road has been temporarily halted

Permission for the new Morrisons store was granted last May – at the same time the district council's development control committee approved plans to extend the Tesco superstore on its current site in Fordham Road.

Councillors voted to refuse permission for an application for a Sainsbury's along with a five-screen Odeon, restaurants and 90 homes on the town's George Lambton Playing Fields and an Asda store on land bounded by Black Bear Lane, Rowley Drive and High Street.

Despite supermarket giant Tesco facing a reported £250 million black hole in its accounts and a brand new £22 million store just a few miles down the road in Chatteris being mothballed before it is even open, the firm insists plans relating to other stores are not affected.

Tesco's decision to mothball the new superstore in Chatteris has sparked fury among local people. It cost around £22 million to build and it was due to open in November, creating hundreds of new jobs for local people.

The spokeswoman for Simons Group said: "There may not be diggers on the Exning Road site every day but that does not mean work is not progressing.

"Work was also postponed during bird nesting season."

Office closed for repairs

AS a result of an incident last week, our *Newmarket News* office is closed for the time being.

As reported in last week's paper, a car collided with the office at 5.30pm last Tuesday, smashing the window and causing some structural damage.

As a result, we are unable to keep the office open for health and safety reasons.

However, we are still very much a part of Newmarket!

All telephone calls are being diverted, so you can still call 01638 662581 to speak to us.

Alternatively call Kate Wadsworth direct on 01223 434255 or 07816 078111 with any advertising queries.

If you have a story to tell, call us or email our reporter: Natalie.robinson@cambridge-news.co.uk

We hope to be back as soon as possible, and in the meantime we apologise for any inconvenience.

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CELEBRATIONS: Prospects Trust Open Day and opening of the new shop at Snakehall Farm in Reach. Left: Nikki Storr and her daughter Rosie try to guess the weight of the pumpkin. Below left: Tilly Storr.

Pictures by Warren Gunn

Charity celebrates 25 years

AN ORGANIC care farm in Reach celebrated its 25th anniversary with a special open day at the weekend.

The Prospects Trust at Snakehall Farm, which provides work for people with disabilities, hosted a range of activities on Saturday.

Tractor rides, farm tours and welly wanging competitions were enjoyed by around 300 people at the silver anniversary.

On top of arts and crafts stalls, farrier demonstrations and facepainting – the charity also opened their new farm shop and toilets.

The charity raised in excess of £1,900 for the farm – as well as £258 for the Neurosciences Critical Care Unit (NCCU) at Addenbrooke's Hospital after a member of staff passed away in August.

Rita Dunnett, who had worked at the farm since it opened in 1989, died of a brain haemorrhage.

Sue Rose, from Prospects Trust, said she was a "very valued member of staff".

She added: "It was absolutely fantastic – we had a very enjoyable day."

Who shot these road signs?

ELEANOR DICKINSON

THESE photographs show mysterious bullet holes peppering signposts in a local village.

A footpath sign near residential homes in Swaffham Prior has clearly been shot at.

Matt Seiber, who has made a hobby out of travelling the country in search of signposts with gunshot holes, sent the photos to the *Newmarket News*.

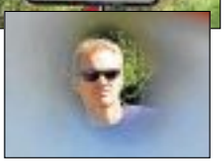
Former marine, Mr Seiber said: "I would say these holes on the Swaffham Prior/Upware sign were caused by a high velocity rifle.

"I have been tracing bullet-ridden road signs since 2008 and have come across about 400 in that time in the UK.

"But, of them, this is probably one of the worse I have seen anywhere.

"Buildings could have got hit through that sign. They are only about 400 metres away."

Another sign, just half a mile south of the Swaffham/Upware sign, also showed signs of a shotgun "pattern blast".



BULLET PROOF: Photos taken near Swaffham Prior by Matt Seiber, right

Mr Seiber, 59, said he first began seeking out "gun graffiti", as he describes it, after witnessing it in Spain.

He said: "I was driving just outside Madrid and saw three guys shooting at a sign with a hand gun.

"They saw me and started shouting at me and firing bullets over my head.

"I'm not sure why people do it. It could be as a power thing or to test out their ammunition.

"They often choose rural areas where they are less likely to be caught, but I have seen it in urban places too.

"I used to report them to the police when I saw them, but I found they never investigated them."

No-one at Cambridgeshire Police was available for comment.

HAVE YOU SEEN THESE SIGNS?

HAVE YOU COME ACROSS 'GUN GRAFFITI' BEFORE?

Email us or comment online

eleanor.dickinson@cambridge-news.co.uk
newmarket-news.co.uk

Runners take to the town's historic horsewalks

GROUPS of runners followed in the hoof prints of Newmarket's racehorses as a charity race made a welcome return.

Hundreds of trainer-clad runners made their way around Newmarket's historic training grounds and horse walks for the Run the Walks race on Sunday.

The event, which sees teams of four cover a 5k route, raises funds for Racing Welfare and homelessness charity Newmarket Open Door.

Runners dashed around the Heath and then around Warren Hill, before finally finishing up on The Severals.

Rachel Wood, organiser, said: "It's been fantastic to have brought Run the Walks this year – it was hugely disappointing to have to cancel it in 2013.

"Lots of people have supported us and we would like to thank them all."

She added: "Newmarket really deserves an event which celebrates what a special place it is."

The event was cancelled last year due to a poor sign-up rate.

To save money, to ensure this year's event could go ahead, the town council reduced the length of the race, dropping the route through the High Street.

The High Street closure proved to be a significant cost for the organisers.

ON THE GALLOPS: Runners take part in the Run the Walks race on Sunday
Picture by David Johnson

Going wild for apples

AS the autumn season descends, preparations are in the works for Newmarket's apple celebration.

The sixth annual Apple Day will take place on October 12 to welcome the onset of the harvest season.

Featuring a number of fruit-related games and activities, the event was organised by the voluntary group Go Wild In Newmarket.

The event will take place at Felix Meadow, off Noel Murless Avenue.

During the day, youngsters will be able to enjoy working a press to make fresh apple juice, snail racing, story-telling and a once-round-the-meadow race.

The event starts at 2pm and will carry on until 4pm.

Youngsters are asked to bring their own apples to juice.

For more information, contact info@gowildinnewmarket.org.uk

For breaking news and updates: newmarket-news.co.uk

Family stages protest over 'unsuitable' housing offer

ELEANOR DICKINSON

A WORRIED family staged a protest in Mildenhall yesterday, claiming they have been offered unsuitable accommodation by the district council after being evicted from their home.

Mother-of-four Siobhanne Ungless claims that Forest Heath District Council is forcing her family into accommodation which is unsuitable for her children, including daughter Rebecca, 24, who has severe learning disabilities.

Protesting outside the council offices in Heath Road, Mildenhall, Ms Ungless says the house is too small and is in Bury St Edmunds, which would mean her children will have to change schools.

Ms Ungless, a full-time carer to Rebecca, who has severe autism, Down's syndrome and dementia, said: "My circumstances changed in 2010 when the benefit cap was introduced and all my benefits were cut dramatically... I was £400 in arrears each month.

"We have now been evicted by our landlady and we are being moved by Forest Heath to a three-bedroom house in Bury, which is not big enough for my four children."

She added: "Rebecca has been so distressed and upset over this that she is spiralling into depression."

PROTEST: Siobhanne Ungless and her daughter Rebecca and friends and family protest outside the offices of Forest Heath District Council

Ms Ungless said the family's hopes were raised when Flagship Homes offered them a property in St John's Close, Mildenhall, which would have allowed her two younger children, Tyler, 14, and Bryony, 12, to stay at Mildenhall College.

But the house offer was then withdrawn.

Ms Ungless said: "The house was taken off us due to Flagship receiving a poor reference regarding rent arrears.

"We had told the council that the landlady would not give us a suitable reference but we were told that it did not matter and that this was only a formality.

"But this was not the case and now we are being forced into an unsuitable home."

A spokesman for the council said: "It is not the decision of the council not to house them, but it is up to the landlord.

"We do not comment on individual cases."

Matthew Thomas, Flagship's Director of Housing, said: "We cannot disclose the details of an individual case, and we have advised Mrs Ungless to discuss her situation further with Forest Heath District Council and we will continue to work with them."

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WHAT A WHOPPER: Angela Clemence with the winning pumpkin grown by Ashleigh Croxon.

Pictures by Keith Heppell

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Pumpkin festival draws in crowds

FLORENCE SNEAD

AUTUMN was in the air in Soham at the weekend as a much-loved community festival returned to the town.

The annual Soham Pumpkin Fair was held on Saturday and brought with it a massive display of the vegetables, unlike anywhere else in the UK.

Visitors to the event, held on the recreation ground, were also able to try their hand at ferret racing, enjoy a vintage car display and enjoy singing from Ely Youth Choir.

Mark Williams, chairman of the fair, also made an appearance as his alter-ego 'Mr Pumpkin', much to the delight of the crowds.

He said: "We had a very good day and had one of the biggest crowds we have had for a number of years – I think there were more than 1,000 people between 1 and 2pm.

"The icing on the cake was having the largest pumpkin in the UK in the whole year, which weighed 317 kilos!

"The person who grew it was a first-time grower – he was very pleased."

There was something for everyone to enjoy, with more than 30 markets stalls, in addition to fun-fair rides, tea and coffee stands, a car boot sale and even a gardeners' question time.

This year's theme was 'Poppies and Rubies' to celebrate the fair's 40th anniversary and the 100th anniversary of the outbreak of the First World War.

Proceeds will go towards Soham Museum, Soham Action4Youth and Soham Playgroup.

POLISHED TO A SHINE: Barry Peacock with his Ransomes 1919 steam engine he has owned for 30 years.

ME awareness store relocates to Burwell

A STORE supporting people with ME has relocated to Burwell.

Run by Marilyn Munn and Victoria Rattle, Roses is open on Wednesdays, Thursdays, Fridays and Saturdays.

As well as selling vintage fashions, the store is there as a "focal point" for those suffering with ME – who can visit for advice.

Marilyn said: "I hope it will really take off."

The store has moved from Risby, near Bury St Edmunds, to Burwell where a need for a support service was identified.

Marilyn also hopes to get an active support group going for the condition in the Newmarket area.

Roses is open from 10.30am until 4pm.

For more information, contact Marilyn on 07974826467.

OPEN FOR BUSINESS: Marilyn Munn, right, and Victoria Rattle at Roses.

Jump for Julie raises more than £6,000

JORDAN DAY

FAMILY and friends of a Newmarket woman who died of cancer have raised more than £6,000 in her memory.

Martin Woodcraft, who lives in the town, completed a skydive to raise money for West Suffolk Hospital's Ward G1 Macmillan Unit in memory of his late wife Julie.

Julie was just 53 years old when she lost her battle with cancer.

He was joined by family friends Charley Reynolds, Rick Mogan and Aston Mottley, who are all from the Red Lodge area, with Charley and Aston aged just 16 when they bravely took to the skies.

In total, the quartet raised more than £6,560 for the hospital unit.

Martin said: "It was an amazing experience, nerve-wracking at times. But the thought of jumping in memory of Julie and supporting such an amazing part of West Suffolk Hospital kept us going.

"It was a great thing to do and we were blown away by the amount of support and fundraising we got.

"Julie was my soul mate and best friend as well as my wife. She was the sort of person who would help anybody out and always with a big smile – whether that was in work or play.

FUNDRAISING: From left: Martin Woodcraft, Aston Mottley and Rick Mogan.

"We would like to thank everyone who supported our efforts and helped raise a fantastic total for a worthwhile charity."

Aston said: "I lost an amazing person in my life, like a second mum. Someone who was always there and knew how to make everyone smile.

"Doing this skydive was a big challenge for us all, but I certainly feel like I have accomplished something."

For information about supporting West Suffolk Hospital, visit www.wsh.nhs.uk/charity.

Revamped recycling service hailed as an 'example of good work'

EAST Cambridgeshire's recently revamped recycling service has been praised at a national level.

In a speech to the Recycling and Waste Management Exhibition at the NEC in Birmingham, Eric Pickles, the Secretary of State for Communities and Local Government, referred to the district's new wheelie bin recycling service as an 'example of good work'.

Wheelie bins were rolled out across East Cambridgeshire last autumn.

In 2012/13, recycling in the district stood at 34 per cent. This increased to 46 per cent in 2013/14 but current recycling rates for 2014/15 predict a rate of 54 per cent.

That would take the authority from the bottom quarter to the top quarter of English councils for recycling performance within two years.

PRAISE: Eric Pickles

Cllr Anna Bailey, who chairs the council's regulatory and support services committee, said: "It is really encouraging that the hard work and success of our waste and recycling service has been recognised at a national level.

"We have seen such a dramatic increase in our recycling levels in such a short time which is down to the easy to use system we have in place and the efforts of our residents who have embraced the new service with such enthusiasm.

"We should all be very proud of such an achievement and for making such rapid progress in such a short period of time."

For information about the waste and recycling service, call the council on (01353) 665555.

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Newmarket News

The Newmarket News is your truly local newspaper for the town and surrounding villages. We pride ourselves on producing publications for the community and about the community and aim to provide the very best service for readers and advertisers alike.
At the same time, we are constantly looking to improve our title and are always happy to hear from you with suggestions and comments.
If you have any feedback for us then please contact the relevant person or people listed below.

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Published and printed by the proprietors Local World Ltd, PO Box 10177, 50 St George Street, Leicester, LE11 8ED. Registered as a newspaper at the Post Office.

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Racing must come first

LOCAL opposition to the Jockey Club must cease. Far better the kindly benevolence of the Jockey Club than the dealings of a well known local property developer.

Those Newmarket residents who will not accept that the horse racing industry must come first, should sell up and go and live somewhere else.

Peter Hardwidge Hiett
Retired farrier
Studlands
Newmarket

She should be representing us all

RE: Newmarket town Vision meeting:
On reading reports of the above meeting, I think that after what our mayoress said about people who are offended by horses, perhaps living somewhere else, I would like to remind her that she is supposed to represent all of the people of Newmarket, not just her friends in horse racing.

The sum that the council has recently been given, half of it was allocated to the horses' needs, before there any public discussion on how it was to be spent.

Also, Mrs Hood and other members of the Town Council, are responsible for the state of the Queensbury Lodge area being a mess. As they are the ones who have stopped the owner from developing the site as they keep turning his proposals down.

If the horse racing industry is so keen on having a stud or yard there, why have they not offered to build such on the site?

May I suggest that the town council is retitled The Horse Racing Town Council of Newmarket.

M Slater
Hanover Close
Studland Park
Newmarket

Racing policy came in for a reason

I CLEARLY missed an interesting Newmarket Vision meeting, having wasted my day trying to get into the Apple store in Cambridge, after negotiating the new P&R ticket machines.
Rachel Hood's comments re non-racing residents perhaps leaving might, at best, be described as unfortunate, especially from a Mayor, who, one might assume, represents the interests of all in the town.
I gather the comment was in response to a query re expenditure on horse walks and safety issues.
I would suggest here that such safety provisions are not just for horses and riders but also for drivers, passengers and pedestrians and that there is more work and expense to come.
The Newmarket area, like the rest of the country was once wood and grassland. Then the Romans arrived and began building roads all over the place.
The A11 / A14 junction was an obvious meeting place and so the town sprang up – some 400 years before the Charleses arrived and began horsing about.
Much of Newmarket is built on former stud and stable land, notably the Manderston and Scaltback Studs.
Back in the 60s many stables and studs were distressed due to economic reasons and owners were happy to sell.
Racing policies understandably came into being to avoid this important industry being squeezed out of existence.
Ironically Newmarket racing probably profited at Epsom's expense as the advent of the Sheikhs made the town the place to be, racing-wise.
No-one would deny the value of racing to the town, the district and, indeed, the nation but, as the old maxim says, one should not have all one's eggs in one basket.
Mr Gosden said at the meeting that there is a record number of horses and trainers.
I would suggest, as I have previously written, that the horse population of Newmarket may be at or near maximum, certainly optimum, capacity; indeed, I have been told that the training grounds could struggle to accommodate more horses.
I see that the Town Council voted to support the possible compulsory purchase of Queensbury Lodge. This may well have been unanimous in the absence of Labour Councillors at their National Conference.
What might the Council propose for the Lodge that Unex could not do? Development by Unex would not require funding by Council Tax payers.
The worry is that the Council would buy a white elephant which would require ongoing Council funding.
Readers, especially letter writers, might like to know that Town and District Council elections are due next May. Those unhappy with the status quo might like to consider standing for election.

Andrew Appleby
St Albans
Newmarket

This is how a democracy works

IN a democracy such as that we enjoy in the UK all members of society can expect their views to be heard and respected.
The role of our elected representatives is to ensure that this actually happens and whilst they may have sectional interests to support they must never lose sight of the needs of the population as a whole.
The role of the Chairman or Town Mayor is to put aside personal prejudices and ensure that all parties have their views and needs properly listened to and treated with respect.
This does not mean their own views should not be heard.
Bearing the above in mind the above I am concerned by the press reports of a reply given to a member of the public by the current Town Mayor of Newmarket.
It is always possible that the reports are not fully accurate but since the Town Mayor is also reported as refusing to apologise for them it is reasonable to assume they are accurate.
On this assumption it makes one wonder if the Town Mayor fully understands the responsibilities of the position that she holds.
If not she should stand down and allow the council to appoint a Mayor who does understand the responsibilities and undertakes to apply them at all times.
Alternatively she should immediately offer an apology.

Mr A J Shipton
Bridge Street
Moulton

Choirs raise more than £5,000 for hospice

SWEET-sounding singers have helped to raise more than £5,000 for the Arthur Rank Hospice Charity. Sing! Choirs, which has groups in Newmarket, Ely and Cambridge, has been supporting the charity since November 2012, and has raised £5,062 in total during that time.

The total includes funds from two sell-out concerts at Tattersalls in Newmarket, which alone raised over £3,000.

Donna Talbot, fundraising and marketing manager for the charity, said: "My heart is always warmed when I think of Sing! Choirs.

"Kathryn, Jason and all of the members have worked so very hard to support the charity.

"It is wonderful to think that singing and bringing people together through song has not only created enjoyment for all those involved but has also raised this phenomenal amount in the process."

For information about the choirs, call Kathryn Rowland on (01353) 662022.

STERLING EFFORT: Sing! Choirs have raised more than £5,000 for the Arthur Rank Hospice Charity.

Harvest supper and flowers

ENJOY a harvest supper and flower arranging demonstration in Dullingham next week.

Dullingham Flower Club is hosting the event at the Taylor Hall in Church Close (opposite The Boot pub) next Thursday, October 9, at 8pm.

There will be a two-course supper with coffee, a demonstration by Louise Baron, entitled Autumnal Colours, and a raffle.

Tickets cost £13 and must be booked in advance. Contact Lesley Bird for more information, on 01638 507658 or 07786 817154.

Can you be hour hero?

A BRANCH of guide dogs are asking for your help – and all they need is an hour of your time.

Local residents can become an "hour hero" by donating just 60 minutes to be a Guide Dog volunteer.

A taster session is taking place at Newmarket Racecourse on Saturday, with visitors welcome between 2pm and 6pm.

Guide Dogs Week runs from October 4 until October 12.

A spokesman for Guide Dogs said: "Guide Dogs receives no government funding so every penny we raise is vital and your hour will be key to helping more people live life in their own terms."

Other events taking place during the awareness week include Let's Glow collections – for people to collect donations – bake sales, coffee mornings and neon parties.

For more information, visit guidedogs.org.uk/donateanhour.

You can also text

HELPING PAW: Members of the Guide Dogs branch.

>> in brief

Charity help

A CANCER charity is appealing for local volunteers.

Marie Curie Cancer Care needs help in Mildenhall and Lakenheath to support current appeals.

Collection tin and daffodil box organisers are needed in both towns, and people are being encouraged to organise their own events.

Contact 01449 722596 or angela.bussey@mariecurie.org.uk

Bike theft

A GREEN mountain bike has been stolen from a Newmarket home.

The theft happened on September 20 between 2-2.30pm in the town's Vincent Close.

The bike was stolen from the rear garden, after someone lifted it over a fence.

Two offenders were seen heading in the direction of the Studlands shops – one on the stolen bike, and one on a BMX.

The boys are both white and aged between 13 and 15. One was of short, heavy build with dark curly hair and wore a black hoody.

The other was of tall, skinny build and had long light-blonde hair. He rode a green BMX.

Contact the Newmarket SNT team on 101 with information.

Three arrests after fire reveals cannabis haul

■ JORDAN DAY

A FIRE inside two garden sheds turned into a major police operation after cannabis plants were discovered growing inside them.

Firefighters from Ely and Newmarket were sent to the blaze in Northfield Park, Soham, at around 2.50pm on Saturday after receiving calls that two workshops in a garden had caught light.

But when they and police officers arrived, it was discovered that cannabis was being grown inside the workshops, the property – and an adjoining property.

While firefighters tackled the flames, police arrested two men – one aged 66 and one aged 53 – and a 49-year-old woman, on suspicion of producing cannabis.

A spokesman for Cambridgeshire Police said: "We were called to reports of a fire at a shed in a garden in Northfield Park, Soham, shortly after 3pm on Saturday.

"On arrival officers discovered a number of cannabis plants in the shed and in the house and adjourning property."

A spokeswoman for Cambridgeshire Fire and Rescue Service said one crew from Ely and two crews from Newmarket attended the incident just after 2.50pm.

She said: "Two workshops measuring a total of 20m by 30m were well alight and crews used two jets, three hose reels and a hydrant to extinguish the fire.

"Crews returned to their stations by 5.15pm.

"The cause of the fire was accidental, by equipment."

The three people arrested were bailed until December 5.

Burglars break in through patio door

A HOUSE in Exning was broken into at the weekend.

Offenders smashed their way into the property in Windmill Hill through a rear patio door and made off with a pink Ted Baker handbag, along with a pink jewellery box containing numerous items of jewellery.

The break-in took place between 5.35pm and 8.25pm on Saturday.

Anyone with information should contact the Bury St Edmunds Priority Crime Team on 101 quoting reference NE/14/1651.

Alternatively, call Crimestoppers, anonymously, on 0800 555111.

Family Announcements
Call 0844 4068 674 www.thisisads.co.uk

Acknowledgements

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Ron
(Woody)
The family of the late Ron, wish to express sincere thanks to all friends and family for their kind messages and expressions of sympathy during their recent sad loss. Special thanks to all those who attended the funeral service at St Mary's Church, Newmarket and made donations to Cancer Research UK. Thanks also to the Rev'd John Hardy, Philip and the staff at Southgate of Newmarket and the doctors and nurses on Ward EAU4 at Addenbrooke's Hospital, Cambridge.

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Family Announcements

From left: Bradley Cooper, Ryan Cirino, Niall Hooton, Christian Norman, Kieron Burch, Kian Bell and Jake Jarman

Junior gymnast picks up Bronze medal

A STETCHWORTH boy, who picked up a Bronze medal for his gymnastic skills, has qualified for the national finals next month.

Niall Hooton, 10, recently competed in the regional set-work qualifiers in Ipswich alongside six other boys from the Huntingdon Gymnastics Club.

The junior gymnasts raised their game at the competition – amassing four golds, one silver and two bronze medals.

All the boys have qualified for the national finals at Birmingham in November.

The Kettlefields Primary school pupil performed "with style and stability", winning a bronze for the team.

Jake Jarman, 12, took gold in the Level 5 elite grade competition with teammates Christian Norman, 11, in Level 4 and Kieron Burch, 9, in Level 2 also taking gold in their categories.

Eleven-year-old Kian Bell worked well over six apparatus to take first place in the Level 3 Club grades.

To complete the medal tally, Ryan Cirino took a silver and Bradley Cooper took bronze in the Level 1 Club competition.

Ben Howells, Huntingdon boys coach, said: "The boys prepared well and stepped up their performance in preparation for National Finals next month.

"I couldn't be more pleased with the results."

Eric Pickles will not get involved over Ely bypass

■ JORDAN DAY

MP ERIC Pickles will NOT have a final say on Ely's Southern Bypass plans, it has been revealed.

As a result, planning permission for the £30 million bypass has been given by Cambridgeshire County Council.

The authority's planning committee already unanimously approved the scheme earlier this month, but permission could not be granted for the 1.7km long road, linking Angel Drove to Stuntney Causeway, until Mr Pickles decided whether he wanted to determine the plans himself.

The council received a letter on his behalf last Thursday saying that the decision should be made locally, which means the committee's decision stands.

Cllr Ian Bates, chairman of the county council's economy and environment committee, said: "This is good news for localism and even better news for Ely which has for years had to put up with this congested and accident blighted crossing.

"The new bypass will help boost the local economy and mean that this important station gateway to the city can be improved.

"I would like to thank the Secretary of State for listening to local arguments about the importance of this bypass and the need for it to be determined locally."

Cllr James Palmer, leader of East Cambridgeshire District Council, said: "This is fantastic news not just for the people of Ely and Soham but for businesses across Cambridgeshire and the whole of the East of England.

"By letting local people make decisions about local issues, Eric Pickles is allowing communities who truly understand the problems of their area find the solutions.

"Time is now of the essence, with every week that goes by the potential cost of the road will increase.

"We have campaigned long and hard for this much-needed piece of infrastructure, as it will have a huge, positive impact on East Cambridgeshire.

"This is why I hope we can get to work on the ground as soon as possible."

Work will now start on a detailed design ready to appoint a contractor to build the scheme.

Tell us what you think:
jordan.day@cambridge-news.co.uk

Can you help with Mary's meals?

A PENSIONER is calling for support for a scheme which gets children into education.

This year, Valerie Mann has made around 60 schoolbags to send off to children in some of the world's poorest communities.

The charity she supports, Mary's Meals, was set up in 2002, with 200 children being fed and educated in Malawi.

Now, more than 920,000 children aged between 4 and 12 are attending school every day.

Mary's Meals works by sending out bags to children, filled with essentials for school.

As they attend school, the children are given a bowl of porridge, fortified with vitamins. For many, this is their only meal.

Each bag should contain school clothes, sandals, a pencil case, a towel, a porridge spoon and a tennis ball.

Mrs Mann, of The Avenue, said: "A lot of people have children's clothes left over and they could be going to good use.

"We would like people to help and raise money for them, or make bags."

Mrs Mann is appealing to people to get behind the charity in line with National Porridge Day – which is on October 10.

If you cannot make up your own bag, but can make an item donation, you can help complete a child's bag.

Contact Mrs Mann on 01638 602496 for more information, or visit marysmeals.org

Peter's bike ride rsises £313

A TESCO worker, who cycled from Newmarket to Burrough Green and back, has raised more than £300 for his chosen charity.

Peter Evans, who works at the Newmarket store, took on the challenge in aid of Diabetes UK, the supermarket's partner charity.

He said: "I think I'm very lucky that I haven't got diabetes but so many people have so I wanted to help them out."

Peter raised £313 in total.

The cycle ride took place in July.

HE JUST KEEPS SMILING: Zach, in hospital, left, and with mum and dad Jamie and Sarah.

We're so proud of Zach; he's an inspiration

When little Zach Jolley was diagnosed with a life-threatening illness, his only chance of survival would mean months of invasive treatments to stop it in its tracks. His mum Sarah James tells EMMA HIGGINBOTHAM their story.

YOU can barely see the floor of Zach Jolley's bedroom. It's absolutely covered with Lego – vehicles, buildings, all carefully constructed by the smiley 7-year-old. "It's like Legoland Newmarket in there," grins mum Sarah James, rolling her eyes. "He's obsessed."

The family can smile now, but 2014 has been unbelievably difficult for Sarah and her partner Jamie Jolley. And for Zach, who's had to endure months of painful treatment to save his life.

The story began when travel agent Sarah, then 23, was six months pregnant. She and Jamie were delighted to be expecting their first baby, a little boy, until her mother broke the news that would change everything: her father had been diagnosed with an incurable brain disease – and, as it was genetic, there was a 50-50 chance that she would pass it on to her unborn baby.

For nearly a decade, Sarah had known that there was something wrong with her father, but doctors were baffled. "From when I was about 16, he wasn't the same dad; he went really strange," she recalls. "He was diagnosed with depression, but then he started losing control of his bladder, and eventually they did an MRI scan because he kept losing his balance."

The results were devastating. They showed that Sarah's father had adrenoleukodystrophy (ALD), the disease that the little boy had in the award-winning 1992 film *Lorenzo's Oil*.

A rare disorder only affecting males, ALD stops the adrenal glands from working properly, causing long chains of fatty acids to build up on the brain, "so you can go from completely normal to a vegetative state within six months," says Sarah. "They said that if it develops as a child, it normally develops between 6 and 10, and it's fatal. There's no cure for it."

Zach was born fit and well, and doctors said that they wouldn't test him until he was 3, "but I thought about it every single day," says Sarah.

Two years later, her father died. "He went into hospital and was walking around the ward, then the next time I saw him he was in a complete vegetative state.

"Obviously watching my dad dying of it, I had to know. I begged them to test Zach because if he hadn't got it, I was worrying about nothing."

Doctors agreed, and gave Zach the blood test early. Sarah and Jamie had to wait two weeks for the results.

Then the letter arrived telling them the news that they dreaded: Zach had tested positive for ALD.

Sarah sprang into action. She tracked down a specialist at Bristol Children's Hospital. Zach was classed as 'pre-symptomatic', but would have to have MRI scans every six months.

For four years, the family carried on with their lives. "Then we had a conversation . . ." grins Sarah. "I turned 30 last year, and I really wanted another baby. Jamie was a bit wary, but we decided we would, and I fell pregnant straight away."

But just six weeks later, a slight change was detected on Zach's MRI scan, "and I just thought Oh. My. God," recalls Sarah. Doctors said they'd rescan him three months later, in January of this year, "and the three months I had to wait, I was in bits."

The second scan confirmed the doctors' suspicions, and a test on Zach's adrenal glands showed that they weren't working properly. The disease had begun to kick in.

"I'd been prepared for this. I think I've grieved it since I was pregnant, so it wasn't a surprise," says Sarah.

Zach needed to have a bone marrow transplant straight away.

And so, with Sarah 26 weeks pregnant, they packed up and headed for Bristol.

Doctors discussed everything that needed to be done, "and when they go through all the risks, it's so hard to sign that piece of paper. But you haven't got a choice," says Sarah. "The amount of times I just wanted to pick him up and run away . . ."

Zach's treatment began with intensive chemotherapy, which led to sickness and seizures.

And then with the transfusion complete, Zach was eventually discharged to day beds, "but the next day they did a blood test, and it showed that the transplant had failed. We were going to have to do it all again."

Needless to say, they were horrified.

What's more, by now it was mid-April, and Sarah's baby was due in mid-May: "We were expecting to be home by then," she says.

There was nothing for it: Sarah's baby would be born in Bristol, and she'd have to book a caesarean; that way her mum could be with Zach while Jamie was by her side for the delivery.

As soon as she could, Sarah hurried back to the children's hospital, carrying Zach's baby sister in her arms. He was thrilled. "She was two days old. Zach was so poorly – he'd lost so much weight – but he was just so gentle with her."

Thankfully the second bone marrow transplant was a success, and the family returned to Newmarket. But Zach wasn't out of the woods yet: that night his temperature soared and he began to vomit. By the morning he was in Addenbrooke's. It turned out that he'd caught rhinovirus.

Since coming home, Zach has been hospitalised by four infections. "It's been an absolute nightmare," admits Sarah. "But he's been amazing. There hasn't been one day that he hasn't smiled. Honestly, he has been a complete inspiration. He took everything in his stride."

Now home again, the family are trying to get back to normal, but Zach still has to go to hospital every week for tests, takes up to 23 pills every day, and won't be able to return to school until next term because of the risk of infection.

"He hasn't been outside and played with his friends; he hasn't done much at all, so he's normally playing Lego," says Sarah. "He's fantastic at it as well. It's the one thing that's kept him going."

Zach will also have brain scans every year, "but the idea was to catch it before he had the symptoms, stop it in its tracks, and just let him get on with his life," says Sarah. "We've been living in hell, to be honest, but we're just going to enjoy life now.

"I'm so glad we have him, and I feel really blessed that we took the leap of faith and now we've got a little girl as well.

"For us, though, being the parents of Zach, that's what made us have another child – because he's a lovely, lovely boy. We're so proud of him."

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Clinic will look after your back

NOT IN SHAPE: Back pain needs fast treatment

THE Sports Injury Clinic is pledging 'FREE back check-ups for life' if you book a back consultation during Back Care Week. All you have to do is call and book your appointment (choose from seven clinic locations in Cambridgeshire and Essex) and you'll be entitled to a free back check up every year!

According to the NHS, back pain is one of the most common reasons to visit a GP and the BBC Health News recently stated that a bad back is also the reason a third of all sick days in the UK are taken, costing UK employees between £590 million and £624 million a year (estimated by the Health & Safety Executive). Even the great Tiger Woods has been forced to retire from competition with back spasms that left him out of selection for this year's Ryder Cup. So, with four out of every five adults experiencing back pain at some point in their life, what can we do?

Because back pain is so common, most people have no idea how serious it can be. Yes, most back pain is not serious and goes away by itself just like headaches and the common cold. But for hundreds of millions of people worldwide, the pain becomes chronic and never goes

ADVERTISING FEATURE

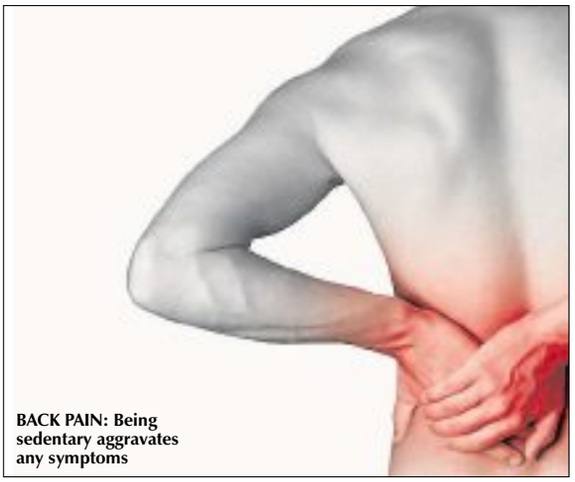
away. Clinical Director of The Sports Injury Clinic, Lee Petrucci, says: "Back pain is by far the most common complaint we see in people visiting us at our Clinics. A lot of back pain can resolve itself in a few days but what we are seeing are chronic problems, people that have suffered on and off for years and poor working posture is often a big part of the problem".

If you spend most of your day in a seated posture you are at risk of work-related back, neck and muscle pain and other musculoskeletal disorders and if you are feeling stiff by the end of the day and reaching for the painkillers there's a good reason for it, says Petrucci. "It is motion that keeps your spine and body healthy and working properly. If you are sat all day the deficiency of movement doesn't allow the discs of your spine to fully hydrate or heal. Sedentary jobs rob you of the motion which hydrates and nourishes your joints, muscles, tendons, bones and other connective tissue to allow the maximum repair and rejuvenation. Exercise is a much better answer than paracetamol".

But help is at hand! This month The Sports Injury Clinic is gearing up for National Back Care Awareness Week (October 6 to 12, 2014) and this year the theme is 'Back in the Office', focusing on the back and shoulder problems office workers encounter which can seriously affect their quality of life and their ability to carry out their day to day duties.

The Sports Injury Clinic is pledging free back check-ups for life if you book a consultation in Back Care Week. All you have to do is call (01638) 724042 and book your appointment (from the seven clinic locations in Cambridgeshire and Essex) and you'll be entitled to a free back check up every year.

If you would like more information from The Sports Injury Clinic on how they could help you or your company or on National Back Care Awareness Week, contact them on (01638) 724042.



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www.thesportsinjuryclinic.org

01638 724042

The Sports Injury Clinic
Fordham House, Fordham House Estate, Newmarket Road, Fordham, CB7 5LL

>> in brief

Celebration time

THE county's fire and rescue service has hosted its annual awards ceremony.

The theme was a celebration of 40 years as part of Suffolk County Council, with the High Sheriff, councillors and officers in attendance.

Achievements of firefighters, members of the public and staff across the public protection team were celebrated.

The awards were on September 24.

Comedy success

MORE than £200 has been raised through a comedy night.

The event was held at St Mary's Church, Burwell on September 20.

Organisers have thanked all those who donated, or took part in the event for their help.

Murder mystery

EXNING Presents are hosting a murder mystery night on October 11.

Starting at 7.30pm, the event is raising money for the kitchen refurbishment fund.

Tickets, which include a two course supper, are £10. Contact 01638 577292.

Moulton's inn is a winner in awards

■ DEBRA FOX

A BELOVED village hotel has scooped a top award – less than a year after it was taken over.

The Packhorse Inn at Moulton has taken home a Favourite Newcomers award, after relaunching in October last year.

The hotel, managed by Chris and Hayley Lee, has been chosen as part of the first ever Sawday's British Hotel awards.

There were 15 winners, across five categories including Hotel of the Year and Old Favourites.

Alastair Sawday, founder of Sawday's, said: "New hotels are hard to find in tough economic times, but that hasn't stopped creative owners bursting onto the scene with beautiful new places that delight us."

The Packhorse is part of Chestnut Inns, established by Philip Turner, a former banker and resident of Moulton village.

It was chosen alongside Ffin Y Parc, in Conwy and Mhor 84, in Perth and Kinross, for the prize.

For more information visit thepackhorseinn.com or call 01638 751818.

RECOGNITION: Left to right, Philip Turner, Chris Lee, Hayley Lee and Tom Bell.

Transport service: use it or lose it

A TRANSPORT service for those in wheelchairs or with mobility problems may have to stop running.

The Wheels for Wheels service, which is run by the Voluntary Network in Forest Heath, enables customers to meet up with friends, go to the supermarket and visit the GP.

The service's wheelchair accessible vehicle is available across Suffolk and Norfolk – and has a presence in Newmarket, Exning, Mildenhall and Lakenheath.

But lack of custom means the service, which also operates in isolated locations, may not survive.

Caroline Robinson, Voluntary Network Manager, said: "The service is being used, but very sparsely and if people don't start using it more we may have to look at the merits of keeping the service open.

"We know from research and usage of identical services in areas of a similar demographic there is a demand for this kind of facility, so we can only assume people are not realising that it is available to them."

For more information about Wheels within Wheels and its services, call 01638 608022.

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Tel: Sharon 01353 861499

ELY
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High Barn
Ely
@ 5.30pm & 7.30pm
Tel: Karen 01353 661771

NEWMARKET
Ditton Lodge First School
St Johns Avenue
@ 5.45pm & 7.45pm
Tel: Sarah 01638 604947

WEDNESDAY:

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Beet Sport + Social Club
@ 9.30am
Tel: Karen 01353 661771

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Tel: Natalie 01638 720474

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CELEBRATIONS: Amanda Sadler, left, and Sam Hardy, with their awards
Picture: Richard Patterson

Carer is crowned regional champion

■ ELEANOR DICKINSON

A COMPASSIONATE senior carer has been recognised as the region's champion dementia educator after taking part in a year-long course to improve her knowledge.

Amanda Sadler, who works at Kentford Manor residential home, was crowned the top carer dementia care coach after joining fellow carers on the challenging course.

Organised by the Norfolk and Suffolk Dementia Alliance, the course also saw all the carers from Bury St Edmunds earning the award of best group.

Amanda said: "The course took place over a year and covered all aspects of dementia coaching, not just in the workplace, but within the community.

"We had lectures from the University of East Anglia. It was quite a hard course, but it was a great honour to take part."

Taking part in the series with fellow Kentford Manor senior carer, Sam Hardy, Amanda also won the prize for best care coach in the Bury group.

She now hopes to impart her new-found knowledge onto the rest of the home's staff.

Amanda said: "The course gave me such confidence as it really expanded my knowledge.

"Our home is a happy home. The staff and residents are a family and their families are the extended part.

"I think something like this will really help our home."

Wendy Harvey, home manager, said: "It's an incredible achievement. Sam and Amanda both worked so hard.

"Amanda's passion for dementia care and for education shone through.

"Her dedication to relatives and staff is second to none and she really makes a difference to the place. I'm very, very proud."

Carnival presentation

A DATE for this year's Burwell Carnival presentation night has been announced.

More than 20 local groups will receive charity cheques from the event which, despite wind and rain, raised thousands of pounds.

The presentation will take place on October 10 at Burwell Ex-Servicemen's Club, from 7.30pm.

Organisations include the rainbows, scouts, day centre and twinning association.

Planning for next year's carnival has already started – with the theme to be announced on the presentation night.

A comedy night fundraiser for next year's carnival is taking place on November 22 at Burwell College.

Tickets are £10. Contact alison@stanbridges.co.uk or 01638 602541.

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Bev's quest to raise awareness of rare neurological condition

JORDAN DAY

TO look at Beverley Spicer, you wouldn't think for one minute she has anything wrong with her.

But underneath that beaming smile is a lady, for whom the simplest of tasks, such as cooking, showering or getting dressed, are so exhausting that they have to be done sitting down.

Beverley, 65, from Soham, has Primary Orthostatic Tremor (POT) – a very rare degenerative neurological condition first diagnosed by Dr K. M. Heilman in 1984 and which only a couple of hundred people in the UK have.

Beverley, who lives with her husband, David, said: "I first noticed that I had problems standing still in 2002 when I found myself unable to stand at my mother-in-law's funeral.

"It was a combination of stress and extreme anxiety that had brought on this first noticeable shaking, but it was to progress steadily so that it affected my work at the College of West Anglia and my daily life.

"By 2005 the tremor was more evident, so I went to see my doctor.

"I had undergone major spinal surgery in 1999 – the result of a road traffic accident in 1996, and I could only imagine that I may have a trapped nerve in my back."

Beverley was referred to the University College of London Hospital for tests, and it was there that a neurologist immediately diagnosed her with POT.

DETERMINED: Beverley Spicer, from Soham, has Primary Orthostatic Tremor (POT) and is dedicated to raising awareness about the condition, which is so commonly misdiagnosed.

The condition is generally on a ratio of 75 per cent women to 25 per cent men, and the onset age is around 64 years.

But many patients are misdiagnosed with Multiple Sclerosis or Parkinson's Disease, which is something Beverley and her husband are very keen to raise awareness about.

Beverley, who has two daughters, one stepson and seven grandchildren, said: "Our quest is to enable neurologists to research POT and search for a cure.

"It is important to all the sufferers as we are so few and yet still growing in numbers.

"We need to raise awareness among doctors and neurologists, so that people are no longer misdiagnosed in the UK."

Beverley uses a rollator – a four wheeled walking frame with a seat – when she is out and about, but even everyday tasks at home have to be done sitting down as they are so exhausting.

She said: "I feel fortunate that I still have some mobility but this is a degenerative condition that I have had for 12 years, and we have moved from a house into a bungalow as I find stairs difficult now.

"In my experience the onset of POT begins with the least cause, for example, waiting to cross the road, or getting across a busy car park.

"At first I experience definite unsteadiness, the feelings of imbalance, and then trembling in my lower limbs. My toes curl under to grip the ground and my body tenses.

"My legs become heavy and I feel an urgent need to sit within a few seconds of standing still.

"The symptoms rapidly disappear on walking again, though once my legs start to feel heavy, stepping forward is then an effort, and the feeling that I could fall (a symptom of POT) makes it more difficult to take that first step again.

"I treat everyday of my mobility as precious for as long as it lasts."

Beverley and David are dedicated to raising funds for the National Tremor Foundation, which in turn funds research into POT.

On Saturday, October 4, a murder mystery night is being held at The Anchor public house in Little Downham to raise funds.

The event starts at 7.30pm and tickets are £35 each, which includes a three-course meal. For tickets or more information, call David on 07752 308713 or email davidspicer31@gmail.com.

For information about the National Tremor Foundation, visit www.tremor.org.uk.

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‘My transplant means I can plan for the future’

LIFE CHANGING: Bernice Perry hopes her story will inspire people to sign up to the organ donor register

Following a lifesaving double lung transplant, 23-year-old cystic fibrosis sufferer Bernice Perry tells Lydia Fallon “the best gift in life is a second chance”.

BERNICE Perry is giddy with excitement when we meet at her Haverhill home, and who can blame her: it’s not every day you get to star as Miss January in a glitzy new calendar.

Posing in a vintage tea shop and dressed in an elegant 1920s flapper girl outfit, the 23-year-old looks stunning. “It was so much fun,” she says. “Each month had a different theme and mine was the 1920s. I had my hair and make-up done especially and they closed down half the teashop for me!”

Under Bernice’s photo there is a caption, which reads: “The best gift in life is a second chance.”

See, this is no ordinary calendar, and Bernice is no ordinary young lady. In fact, she’s rather extraordinary.

Bernice was one of 13 young transplant patients to pose for the calendar, which aims to show how lives can be transformed by new organs. Featuring pre-operation selfies of the ‘Transplant Troopers’, some on the verge of death, alongside their glamorous new looks, it’s hoped the calendar – in aid of charity Live Life Give Life – will persuade people to sign up to the organ donor register, and give the thousands awaiting a transplant a second chance at life.

“From being in the situation myself and seeing what my family has been through, as well as me, I know that (by signing up to the register) you are not just changing one person’s life, you are literally changing a whole family’s life. It’s an amazing thing to do, and it doesn’t even take much time to sign up, you can do it online and you just fill in your details. That’s it,” Bernice says.

To meet Bernice today, petite and pretty with a smile that lights up the room, it’s hard to comprehend quite how much she’s been through. Just over two years ago she was given a year to live, but thanks to the double lung transplant she underwent at Papworth Hospital in December 2013, she’s finally getting the chance to live life to the full.

“I want to do as much as I can and just make the most of my life now,” she grins. “I can do everything now, it’s been great. I’ve got a friend who’s lived in London for the past four or five years and May was the first time I got to go down and see her without having to take an oxygen tank with me.

“I’m also doing a nail technician course at the moment and I couldn’t ever do anything like that before.”

Growing up in Haverhill, Bernice was diagnosed with cystic fibrosis – a genetic disease which causes the

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CALENDAR GIRL: Bernice before her transplant, above left, and, right, posing for the calendar in aid of charity Live Life Give Life

lungs and digestive system to be clogged with thick mucus – at just 5 years old. A seemingly happy toddler, it was hard to comprehend she had a disease which was not only incurable, but one which causes sufferers to rarely survive far into their twenties. "It was Friday the 13th when I got diagnosed. Doctors noticed I was very short of breath and coughing a lot; I couldn't even laugh without having a coughing fit. I was always ill, picking up colds and stuff, and really skinny," Bernice says. "I don't remember too much about it apart from all of a sudden being in hospital and lots of needles, tablets and liquids, and getting lots of presents!"

While her peers were out playing games and having fun, Bernice spent much of her childhood in and out of hospital, having to take a cocktail of pills just to get through the day. She tried to stay positive, but admits life was a constant struggle. "I used to have to take school work into hospital but it wasn't the same really, and I could never keep up with it, so fell behind everyone else. I was in hospital when I was supposed to be studying for my GSCEs so that was really hard too," she explains.

"I couldn't keep up with my friends and do all the things I wanted to do. I was on tablets, nebulisers, IVs and physio. I had to have oxygen 24/7 and when you're on oxygen, you don't want to go out because you don't want anybody to see you. I had no energy at all, and no confidence; I didn't feel good enough in myself to actually go out and do things.

"I had a lot of support from my friends and family, they were always there for me and would encourage me to stay positive," says Bernice. "My nan was actually my inspiration for having the transplant; she passed away a few months ago, but I wanted her to see me happy."

As Bernice got older, her health got progressively worse, and doctors confirmed her only chance of survival was a lung transplant.

"They started mentioning a transplant when I was about 16. Straight away I said I didn't want one, at that age it seems like such a big scary thing," Bernice says. "But about three years ago I was getting more and more unwell, so I started doing some research and changed my mind after reading about it.

"I knew once I got to a certain stage it would be brought up, and one day at clinic my lung function dropped to what it is when they usually perform a lung transplant, and the doctors spoke to me then about going on the waiting list."

Lots of tests and assessments followed, and Bernice found out she needed to be a certain weight before being eligible for the transplant waiting list. It took her over a year to put on the extra 45 kilos needed, and then it was a waiting game before a match was found.

"I knew that if a match wasn't found the worst would happen; I wouldn't survive. But I've been brought up all my life knowing that is the case, the transplant will help, but it's not a cure. It won't last forever, but it will give me more years and more life, and an improved life."

And then in December last year – 15 months since she'd first been put on the list – Bernice got the best Christmas present she could have hoped for. "I was in hospital at the time and they came in and told me they'd got lungs for me and were 99 per cent sure they would be a match. It was 3.30 in the morning and it didn't feel real. I was shaking – my teeth were chattering because I was shaking so much – and I was so excited. I didn't feel scared or nervous, I was just excited to get it started," Bernice smiles.

Things moved swiftly. The surgery was scheduled for 7.30 the same morning, and thankfully proved a success, but the next few weeks were critical. "I was in so much pain, I never even thought about just how painful it would be," Bernice remembers. "I thought once I'd had the transplant, I'd be up the next day and everything would be fine, but it wasn't like that at all, I could barely do anything."

Bernice was allowed home six weeks later, which she says was an "amazing" feeling. Since then she's been enjoying life as much as possible, aware that it can be taken away in an instant. "I just want to go out and do normal things," she smiles. "Like at the weekend I went to Great Yarmouth and we just walked along the beach for hours. We walked about five miles and I've never been able to do that before."

Bernice has been looking to the future too, something she spent so long trying to avoid. "I'm so used to telling myself not to look to the future. I never used to like thinking what would happen tomorrow or next week, so it's hard to get out of the habit of not making plans. But now I'm starting to plan things for the next few months and it feels good to finally be able to do that."

But even though Bernice is feeling happier and healthier, there's still a bumpy road ahead. She must take anti-rejection tablets six times a day, and even just catching a cold could lead to weeks, maybe even months, in hospital. "The first year is always the hardest infection wise because the tablets completely knock your immune system," she explains. "I got a cold a few weeks ago and I was in hospital for two weeks. That was hard to cope with and I got down again because it felt like I was back to square one. But I'm home now and feeling good."

Bernice says she will be forever grateful to her donor for saving her life. but still feels much more needs to be done to raise awareness of organ donation. Every year 1,000 people die waiting for a transplant across the UK, yet only 31 per cent of us are actually signed up to the register. As an advocate for Live Life Give Life, Bernice hopes this is something she can help change.

"I had a really good friend in hospital and we got put on the list at the same time, but she passed away in April, which was really hard. And I have another good friend who has been waiting for a transplant for two-and-a-half years.

"Not a lot of people understand organ donation. "Someone the other day asked me if they had to pay to be an organ donor.

"I think more people need to talk about it and discuss it with their families.

"The transplant has changed my life completely. I used to be scared of so much but now I just do everything because you only have one chance at life, so I want to make the most of it."

The Transplant Troopers 2015 calendar costs £10 and you can purchase it from *transplanttroopers.co.uk*. Visit: *organdonation.nhs.uk*.

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IPSWICH male, early 70's, loving, caring, likes trips/meals out, nights in, seeks attractive loving lady, 60-70 for LTR. **Tel No: 0906 500 3778 Box No: 413381**

YOUTHFUL fit, attractive guy, 50, humorous, romantic, passionate, likes red wine, walks, meals out, cinema, seeking sexy, like minded female for fun and friendship. **Tel No: 0906 500 3778 Box No: 413259**

MALE 50's, ok looking, seeking female for no strings adventurous fun. **Tel No: 0906 500 3778 Box No: 413431**

MID 50's Ipswich male, seeks smart, older lady for daytime adult fun. **Tel No: 0906 500 3778 Box No: 414455**

GENUINE attractive and honest single 32 yr old male looking for fun and friendship. All replies answered. **Text Only Mailbox Box No: 4504483**

SEAN looking for fun loving lady for discreet fun. **Tel No: 0906 500 3778 Box No: 412099**

CARING male, 41, looking for fun and laughter, seeking female, 30-48 for loving lasting relationship with GSOH and more. **Tel No: 0906 500 3778 Box No: 414357**

NICE working guy, 50, tall, athletic, dark hair, fun, romantic, caring, seeking attractive lady for friendship and fun times. **Tel No: 0906 500 3778 Box No: 414349**

DEAN 5ft 10ins, average build, nice, gentle, genuine, loving, funny, outgoing, likes nights in/out, seeks similar female. **Tel No: 0906 500 3778 Box No: 414277**

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MALE 58, good looking, presentable, seeks lady, 55-65 for all that life brings. **Tel No: 0906 500 3778 Box No: 412405**

GENUINE faithful 39yr old Ipswich guy, seeks bubbly female for lots of fun and lasting relationship. **Tel No: 0906 500 3778 Box No: 412393**

53YR old male, looking for older lady, any age/status/looks unimportant. **Tel No: 0906 500 3778 Box No: 412161**

TALL male, 47, professional, caring, seeks black female for LTR. **Tel No: 0906 500 3778 Box No: 412149**

PETER 50, 6ft 1ins, loving, caring, seeking female for friendship, maybe more. **Tel No: 0906 500 3778 Box No: 412009**

ATHLETIC fit guy 50, dark hair, hazel eyes, romantic, passionate, GSOH, seeks attractive, sexy lady for friendship, fun and hopefully relationship. ACA. **Tel No: 0906 500 3778 Box No: 411905**

PETER looking for adventurous lady for no strings fun. **Tel No: 0906 500 3778 Box No: 411399**

GENUINE male, young 56, OHAC, kind, caring, loyal, considerate, country loving, seeks attractive female with GSOH for LTR. **Tel No: 0906 500 3778 Box No: 413091**

MIKE 59, outgoing, likes walks, seeks female of similar age and GSOH for company. **Tel No: 0906 500 3778 Box No: 412879**

RETIRED male, warm, loving, 5ft 7ins, solvent, likes days out, holidays, socialising, seeking female for fun and company. **Tel No: 0906 500 3778 Box No: 412841**

PETER 50, GSOH, non-driver, looking for relationship with lady, preferably car owner. **Tel No: 0906 500 3778 Box No: 412371**

RETIRED male, car owner, likes outdoors, bingo, car boot sales, music, football, snooker, seeks lady, 55-60 to share days in and out, fun and friendship. **Tel No: 0906 500 3778 Box No: 412457**

SILVER haired 59yr old male, good looking, young for age, seeks slim, ordinary lady for LTR. **Tel No: 0906 500 3778 Box No: 412419**

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What's on 20 Films 20 Gardening 20

the GUIDE

HAY FEVER

■ Hay Fever, Cambridge Arts Theatre, until Saturday, October 4, at 7.45pm. Tickets £15 - £35 from (01223) 503333 / *cambridgeartstheatre.purchase-tickets-online.co.uk*.

IT'S a case of any kind of attention is better than no attention in Noel Coward's comedy of bad manners, Hay Fever.

The play was first staged in 1925 and has been rejuvenated by director Lindsay Posner. Set in a sprawling country house in Berkshire (the set is quite something: grand staircases, mountains of books), it tells the story of the self-centred Bliss family…

The Good Life's Felicity Kendal (a Coward regular – she's previously done stints in Fallen Angels and The Vortex), plays vacuous mother and a former darling of the London stage, Judith – to much acclaim so far. But then, she would, wouldn't she? The actress is basically a British institution, being a West End and National Theatre stalwart as well as consistently popping up on TV in the likes of Rosemary & Thyme, Doctor Who and in 2008 when Vincent Simone twirled her round on Strictly Come Dancing (she came seventh).

Then there's Judith's ego-centric husband David (Michael Simkins), who the Guardian says: "wears a look of horror that suggests a fully-clothed man in a nudist camp", and the theatrical pair's grown-up bohemian children, Sorel and Simon.

All perpetual show-offs and never willing to share the limelight, the whole melodramatic lot of them each invite a friend for the weekend with disastrous consequences – there is much swapping of partners and many a charade.

The guests – and the audience – witness just how terribly behaved the Bliss family can be, and how far they'll go for a bit of fawning.

Remember it's Coward too, so it will sparkle like you wouldn't believe. Expect some wonderful 20s flapper dresses – and much shrieking.

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Jon Richardson

MASTER of dry, almost depressing humour that more often than not comes from quite a dark, honest place, here's what you need to know about comedian Jon Richardson before he performs at Cambridge Corn Exchange:

- **The 31-year-old comedian grew up in Lancaster and is a big fan of wearing cardigans**
- **He used to have a radio show on BBC 6 Music with his former housemate, and fellow comedian, Russell Howard**
- **You'll mostly know him as the guy who took over from Jason Manford as a team captain on 8 Out Of 10 Cats alongside Sean Lock and Jimmy Carr, and for appearing on Stand Up For The Week**
- **In 2007, he was nominated for the 'Best Newcomer' award at the Edinburgh Festival for his show Spatula Pad, followed by a 'Best Show' nomination in 2009 for This Guy At Night**
- **Much of his career has been based on the fact he's perennially single. . .**
- **. . . and then he went and got a girlfriend (comedian Lucy Beaumont), and a mortgage, and recently told the Telegraph: "My fear was that it would ruin my material."**
- **He just starred in the well-received Channel 4 three-parter, Jon Richardson Grows Up, asking questions about what men face in their early 30s**
- **He's quite good at documentaries in fact. In 2012, he faced his demons in Jon Richardson: A Little Bit OCD, which went on to win a Mind Media award**
- **In his new show, Nidiot, Richardson has decided to become a more "easygoing person for the sake of his friends and his future health" – but will he succeed?**

■ Jon Richardson: *Nidiot*, Cambridge Corn Exchange, Sunday, October 5, at 8pm. Tickets £22 from (01223) 357851 / *cornex.co.uk*.

First show of its kind

AFTER 18 months of preparation and planning, Cambridge Original Printmakers have opened the first exhibition of its kind in the city.

Featuring more than 40 practising printmakers, living and working within 30 miles of Cambridge, the show is being held at The Pitt Building, opposite Fitzbillies.

Organised by local printmakers Sue Jones, Anthony Hopkinson and Jo Tunmer, the trio wanted to share "the knowledge, understanding and the technical complexities of printmaking with the wider community."

You'll be able to spot and buy a range of printmaking techniques, from lino-cutting, etching and lithography, to the fancy sounding photopolymer gravure.

Amongst the artists involved are also several that are internationally acclaimed, including Charlotte Cornish, Ross Loveday, Louise Stebbing and Clare Crouchman, bolstered by a raft of talented emerging artists such as Susie Johnson, Emma James and Nina Sage too.

Not only will you be able to peruse prints, there will also be demonstrations "so you will be able to really see what a 'hand-pulled original' really means", as well as a series of free talks from major UK printers.

The show will run until Sunday, October 5. For more details – and to book a last minute place on a workshop or talk – visit cambridgeoriginalprintmakers.com.

nowshowing

NEWMARKET STABLE
07756 853714
http://www.cinemaatnewmarket.org.uk
There are no films showing at this time

CAMBRIDGE Cineworld
0871 200 2000
See venue for details

CAMBRIDGE ARTS PICTUREHOUSE
0871 902 5720
Bicycle plus Filmmaker Q&A [pg]: Sat 6.30
Postman Pat 2D [u]: Sat 10.30am, 11am
Tony Benn: Will and Testament plus Satellite Q&A [15]: Sun 4.30
Wings [pg]: Sun 1
Poppy Cat: Programme 6 [u]: Mon 10am; Wed 10am
NT Encore: A Streetcar Named Desire [as live:12a]: Tues 1
The English Patient [15]: Tues 1
Man with a Movie Camera [u]: Thu 4.30

ABBEYGATE PICTUREHOUSE
Bury St Edmunds
08719025722
What We Did On Our Holiday (12A): Fri 11.30am, 2.30, 8.30; Sat 3, 6; Mon 2, 4.30; Tues 2, 8.30; Wed 11.30am, 2.30, 8.30; Thu 2.30, 6
Pride (15): Fri 5.45; Sat 8.20; Wed 5.30; Thu 8.20
Watermark (U): Tues 6.30
Wings (PG): Sun 12.30
Billy Elliot The Musical Encore (12A): Sun 4
Kids Club:
Postman Pat (U): Sat 11am

BURY ST EDMUNDS Cineworld
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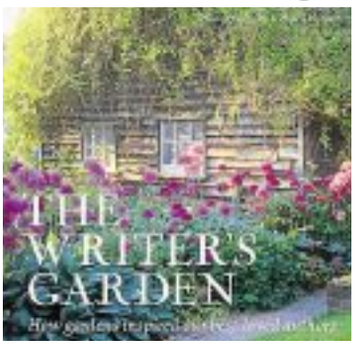
gardening

Lastest creations



WITH autumn comes books, lots of them. Celebrity autobiographies, new novels from top-notch authors and, best of all, a plethora of gardening books.

This year is no exception, so if you're short on inspiration as to what to do with your green space, just step into a book shop or a well-stocked garden centre to check out the new titles.

There's everything from creating a new style to month-by-month guides on what you should be doing at any particular time and how to do it. Here's just a few of the best...

■ Sarah Raven's Cutting Garden Journal (Frances Lincoln, £14.99): This month-by-month journal has space to make notes of jobs to do, what's in flower and other snippets of information you might need to note down. It features flowers of the month, along with advice on how to sow, grow and cut, establishing helpful monthly checklists. Beautifully presented in hardback, it's not too bulky and ideal as a point of reference.

by Hannah Stephenson

■ Cultivating Garden Style by Rochelle Greayer (Timber Press, £25): This book will help you identify your look, pick furniture and accessories, and create a space that feels definitively yours. Featuring the latest trends and state-of-the-art products, it's for gardeners who want to make their outdoor spaces exciting and innovative.

■ Gardeners' World: The Veg Growers Almanac: Month By Month Planning And Planting by Martyn Cox (BBC Books, Oct 16, £9.99): With sage advice from old Gardeners' World hands, coupled with tips on the best varieties to grow and timely advice on how best to look after your plot, this attractive collection blends practical advice with evocative writing and fascinating facts. Illustrated throughout with charming drawings and sketches.

■ The Writer's Garden by Jackie Bennett (Frances Lincoln, Oct 2, £25): This glorious tome for gardeners, history buffs and enthusiastic readers alike reveals some of the lesser-known facts about famous authors and their fascination with gardens.
Charles Dickens was a keen gardener and loved scarlet pelargoniums, while Roald Dahl loved orchids. Featuring landscapes ranging from Virginia Woolf's rural Sussex idyll to Beatrix Potter's hill-top farm in the Lake District, Bennett examines how the poet, writer or novelist derive a creative spirit from their gardens.

■ The Gardener's Year (Dorling Kindersley, £20): You never have to wonder what you should be doing in the garden month-by-month because this practical, easy-to-use book will give you all the information you need. Packed with timely tips and helpful advice, it's full of planting ideas, reminders and how-tos for every season and area of the garden, including beds, borders and patios, and features an at-a-glance calendar showing each month's jobs, including sowing, planting, watering, feeding, pruning and harvesting, plus illustrated step-by-steps of key techniques flag up handy gardening tips that can make all the difference.

■ The English Country House Garden by George Plumptre (Frances Lincoln, £25): This beautiful book could happily grace any coffee table with its wonderful pictures of English country house gardens of the 21st century. From the famed gardens of Hidcote, Sissinghurst and Great Dixter to the most dynamic modern creations from Piet Oudolf, Tom Stuart-Smith and Dan Pearson, the author treads a fascinating path through time across 25 of the most charismatic gardens, to show both the history of the landscapes and the idylls of contemporary designers.

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Newmarket News

PROPERTY NEWS

October 1, 2014

The area's number one for property for sale and to rent

Feature Homes - page 27

What's hot on the property market

Morris Armitage

01638 742461
www.morrisarmitage.co.uk

BURWELL £162,500 NEW

A modern mid-terrace property, tucked away within a popular development close to the village centre. In brief comprising an open plan lounge through to kitchen/diner, two bedrooms and family bathroom. A garage en bloc and a pleasant and fully enclosed rear garden. EPC (B).

SOHAM £275,000 NEW

A modern and detached chalet style bungalow offering entrance hall, living room, sitting room, kitchen/breakfast room, utility room, 3 double bedrooms (master en-suite) and family bathroom. Enjoying a fully enclosed rear garden with garage and further off road parking facilities. EPC (C)

ISLEHAM £435,000 NEW PRICE

A simply stunning detached residence featuring sensational accommodation to include a fabulous oak fitted kitchen/breakfast room and 4 well-proportioned double bedrooms and externally offering a south facing garden, garage, car port and off road parking. Viewing essential. EPC (C)

BURWELL £495,000 NEW

A substantial modern detached 4 bedroom family house with the luxury of a separate 2 bedroom annexe and standing within quite sumptuous established and well stocked gardens. Also benefiting from garage/workshop. No chain. RARELY AVAILABLE. Viewing required to appreciate. EPC (TBC)

BURWELL £245,000 NEW

A modern and detached family home comprising of entrance hall, lounge, dining room, kitchen, cloakroom, master bedroom with ensuite, two further bedrooms and family bathroom. With a pleasant rear garden, garage and driveway. Viewing recommended. No Chain. EPC (D)

BURWELL £192,000 NEW

A Victorian terraced property enjoying entrance porch, sitting room, dining room, kitchen, 2 bedrooms, first floor bathroom, useful converted loft space with power and light. Complete with a long rear garden. No onward chain. EARLY VIEWING STRONGLY ADVISED. EPC (TBC)

NEWMARKET CAMBRIDGE HAVERHILL BURWELL KINGS LYNN BURY ST EDMUNDS DOWNHAM MARKET

Morris Armitage

01638 560221
www.morrisarmitage.co.uk

SOHAM £180,000 — NEW PRICE

A well presented detached 2 bungalow with accommodation including an entrance hallway, refitted kitchen, living/dining room, two good size bedrooms and a refitted bathroom. Complete with a good sized rear garden, driveway parking and no onward chain. Viewing advised. EPC (TBC)

NEWMARKET £200,000

A charming Victorian cottage offering well presented character accommodation comprising a lovely sitting room opening through to dining area, kitchen, bathroom, a converted basement and three generous bedrooms. Enjoying a good size rear garden. No onward chain. EPC (tbc)

CAMBRIDGE £319,995 — NEW

Requiring full modernisation, we are delighted to offer this exceptionally spacious three bedroom family home within this established and sought after residential area ideally situated with access to Addenbrookes Hospital, City Centre and easy access to A14/A11. EPC (TBC)

FORDHAM £250,000 — NEW

An improved and extended family home offering spacious rooms over 3 floors, to include a superb open plan kitchen/living/dining area, cloakroom, 3 double bedrooms (refitted ensuite) and refitted bathroom. With a fully enclosed courtyard garden and garage en bloc EPC (TBC)

MOULTON £225,000 — NEW

A semi-detached family home comprising entrance hall, refitted kitchen with built in appliances, living room/dining room, 3 bedrooms and bathroom. Externally the property offers delightful and fully enclosed gardens, useful outhouse/storage and off road parking to the front. EPC (tbc)

NEWMARKET £215,000 — NEW

A greatly improved and surprisingly spacious family home enjoying pleasant views to rear. With accommodation to include entrance hall, living room, kitchen/dining room, three good size bedrooms and family bathroom. Useful loft space. Delightful established gardens to rear. EPC (D)

NEWMARKET CAMBRIDGE HAVERHILL BURWELL KINGS LYNN BURY ST EDMUNDS DOWNHAM MARKET

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Jackson-Stops & Staff

DULLINGHAM

A substantial and beautifully presented barn in a highly sought after village with an attractive garden backing onto paddocks.
• Reception Hall/Garden Room • Drawing Room • Kitchen/Dining Room • Utility Room • Cloakroom • Galleried Landing • Master Bedroom with Dressing Room and En-Suite Bathroom • Guest Bedroom with En-Suite Shower Room • Two Further Bedrooms and Family Bathroom • Driveway and Parking • Two Bay Cart Lodge • Workshop • Home Office and Landscaped Garden. EPC Rating 'D'.

Guide Price £1,250,000 FF54396

GREAT BRADLEY

A well presented and spacious family house with an attractive garden and single garage.
Entrance Porch • Hall • Sitting Room • Dining Room • Family Room • Study • Kitchen/Breakfast Room • Utility Room • Cloakroom • Landing • Master Bedroom with En-Suite Shower Room • Three Further Bedrooms • Family Bathroom • Driveway and Parking • Single Garage • Enclosed Rear Garden. EPC Rating 'D'.

Guide Price £380,000 FF58695

HAWSTEAD

An exceptional 1930's architect designed country house with converted stables annexe in a mature park like setting.
• Reception Hall • Side Halls • Drawing Room • Dining Room • Sitting Room • Study • Laundry Room • Fully Fitted Butler's Pantry • Kitchen/breakfast Room • Large Walk-in Larder • Garden Room • Cloakroom and Cellar. Master Bedroom with En-suite Bathroom • Six Further Bedrooms • Family Bathroom with Shower • Further Shower Room. Large accessible roof space. Stable Annexe • Garaging • Outbuildings • Formal Gardens • Sunken Garden • Wooded Garden and a Paddock. EPC Rating 'E'. Tel: 01284 700535

Guide Price £1,350,000 FF56130

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HARGRAVE

A charming and deceptively spacious period house set in a rural location enjoying countryside views.
• Entrance Hall • Drawing Room • Sitting Room • Dining Room • Study • Play Room/Studio • Kitchen/Breakfast Room • Ground Floor Bedroom and Bathroom/Cloakroom • Utility Room • Boot Room and Store Room • Landing • Master Bedroom with En-Suite Shower Room • Three Further Double Bedrooms • Dressing Room/Bedroom Six and Two Bathrooms • Driveway with Parking and Large Garden. EPC Rating 'E'.

Guide Price £625,000 FF58541

NEWMARKET

A superbly presented second floor apartment situated in this highly regarded development with a balcony enjoying views over Warren Hill Training Grounds.
Communal Entrance Hall • Reception Hall • Sitting/Dining Room • Kitchen. Master Bedroom with En-Suite Bathroom • Bedroom 2 and Shower Room/Cloakroom. Allocated and Visitors Parking • Communal Gardens and Large Private Balcony. EPC Rating 'D'.

Guide Price £279,500 FF56936

NEWMARKET

A superbly located townhouse enjoying views over Warren Hill Gallops and conveniently located for the High Street.
• Entrance Hall • Sitting Room • Dining Room • Kitchen/Breakfast Room • Cloakroom. Three Bedrooms all with En-Suite Bath/Shower Rooms. Allocated Parking • Single Garage and Walled Courtyard Garden. EPC Rating 'C'.

New Guide Price £419,950 FF58347

MILDENHALL

A well presented and deceptively spacious chalet bungalow with a private garden in a quiet but central town location.
• Entrance Hall • Dining Room • Living Room • Study/Bedroom 5 • Kitchen/Breakfast Room • Master Bedroom with En-Suite Shower Room • Guest Bedroom with Dressing Room • Family Bathroom. Landing and Two First Floor Bedrooms. Driveway and Parking • Single Garage • Workshopt and Garden. EPC Rating 'C'.

Guide Price £399,950

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NEWMARKET

An attractive and superbly presented detached family house with spacious accommodation located on a quiet no through road on the edge of the town.
• Reception Hall • Entrance Hall • Drawing Room • Sitting Room • Play Room • Kitchen/Dining Room • Utility Room. Ground Floor Guest Bedroom with En-Suite Bathroom • Bedroom 3 and Shower Room. Landing • Master Bedroom with Dressing Room and En-Suite Bathroom • Two Further Bedrooms and Family Bathroom. Driveway and Parking • Large Enclosed Garden. EPC Rating 'D'.

Guide Price £675,000 FF57572

CHIPPENHAM

A substantial family house enjoying countryside views and set within delightful mature grounds.
• Covered Entrance Porch • Reception Hall • Sitting Room • Dining Room • Garden Room • Study • Kitchen/Breakfast Room • Utility Room • Cloakroom • Landing • Master Bedroom with En-Suite Shower Room • Three Further Bedrooms and Family Bathroom • Driveway and Parking • Integral Double Garage • Office • Outdoor Heated Swimming Pool • Sauna with Shower • Hot Tub • Large Mature Gardens. EPC Rating 'E'.

Guide Price £769,000 FF57270

NEWMARKET

A well presented family home situated within walking distance of the town centre, currently run as a successful bed and breakfast establishment.
• Reception Hall • Side Hall • Sitting Room • Dining Room • Kitchen/Breakfast Room • Utility Room • Cloakroom • Landing • Master Bedroom with Dressing Room and En-Suite Shower Room • Three Further Bedrooms (all with Ensuite) • Driveway and Parking • Integral Double Garage • Enclosed Rear Garden. EPC Rating 'D'.

Guide Price £450,000 FF58089

DODDINGTON

An impressive contemporary family house set in a third of an acre and backing onto paddocks.
• Reception Hall • Sitting Room • Kitchen/Dining Room/Family Room • Study • Bedroom 4 with En-Suite Shower Room • Utility Room • Boot Room • Cloakroom • Landing • Master Bedroom with Dressing Room/Nursery and En-Suite Shower Room • Two Further Bedrooms with En-Suite Bath/Shower Rooms • Driveway with Ample Parking • Double Garage • Enclosed Rear Garden.

Guide Price £450,000 FF58398

CHIPPENHAM

A charming semi-detached Victorian cottage in a highly sought after village with a workshop and rear garden.
• Entrance Hall • Sitting Room • Kitchen/Dining Room • Study • Conservatory • Boot Room • Utility Room and Shower Room • Three Bedrooms • Parking and Car Port • Workshop and Rear Garden. EPC Rating 'E'.

Guide Price £249,500 FF58349

STRADISHALL

An impressive 1930's family house with delightful grounds and paddocks.
• Reception Hall Dining Room Drawing Room Family Room Kitchen/Breakfast Room Study Utility Room Cloakroom Master Bedroom with En Suite 3 Further Bedrooms Bathroom Garage/Games Room Driveway Parking and Garden EPC Rating 'F'.

Guide Price £765,000 FF37205

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Cover**PROPERTY**

Individual contemporary home

Wicken: £395,000

- Walkers Rest
- Detached
- Conservatory
- Three bedrooms
- £395,000

WALKERS Rest is an individual detached 3 bedroom family home in Butts Lane, Wicken, that is now on the market with a guide price of £395,000. It has a sitting room, dining room, downstairs cloakroom, kitchen/breakfast room, conservatory and utility room on the ground floor. Upstairs are the three bedrooms, including a master with en suite shower room, and a family bathroom. There is also a loft room. Outside the property has a gravelled driveway with access to the garage. There is an enclosed rear garden with lawn, herbaceous borders, a patio and a utility area to the side. Viewing is by prior arrangement with Pocock & Shaw on (01638) 668284.

Hargrave: £625,000

COCK'S Head House is a charming five to six bedroom period house in Hargrave that is now on the market for £625,000.
Originally three cottages, and believed to date back to 1670, this attractive family house has flexible accommodation which includes an entrance hall, drawing room with Inglenook fireplace, double aspect dining room, generous sitting room with French doors to the garden and open fireplace with wood-burning stove, kitchen/breakfast room, pantry, utility room, study, boot room and a downstairs bedroom with bathroom/cloakroom next door. Upstairs the vaulted master bedroom has an en suite shower room, and there are three more double bedrooms, a dressing room which could serve as a sixth bedroom, and two bathrooms. Outside there is driveway parking for several vehicles and a secluded garden with countryside views, mainly laid to lawn with trees, hedging, two paved terraces and a garden shed.

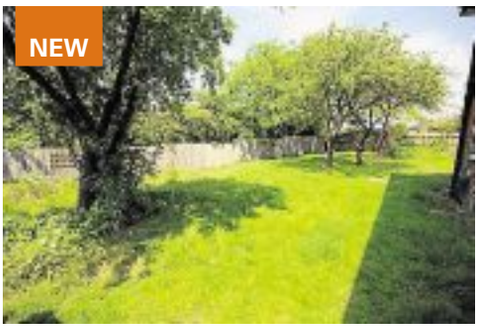
For more details contact Jackson-Stops and Staff on (01638) 662231.

Soham: £180,000

THIS detached two bedroom bungalow in Frank Bridges Close, Soham, has no onward chain, and is on the market now for £180,000. It has well-presented accommodation including entrance hallway, recently refitted kitchen, living/dining room, two good size bedrooms and a family bathroom. Outside there is a rear garden and driveway parking.

For further details contact Morris Armitage on (01638) 742461.

01638 663228 **cheffins.co.uk** UNRIVALLED COVERAGE AROUND NEWMARKET



Newmarket — Guide Price £150,000

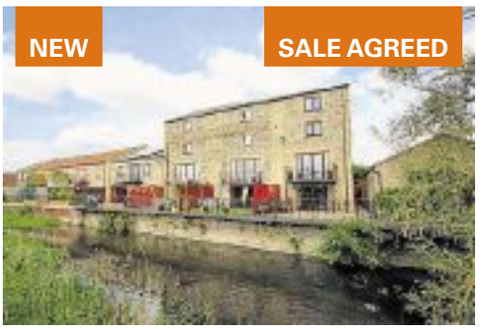
A prime single building plot located in sought after Crockfords Road with a frontage of 12 metres and depth of 23 metres. Detailed planning permission for a 3 storey 3 bedroom detached house. No Chain.

Fordham — £485,000

A beautifully presented 4 bedroom detached house standing in a sought after location within this well regarded village. The impressive accommodation includes 3 reception rooms, a quality fitted kitchen, conservatory and master bedroom with ensuite bathroom. EARLY VIEWING RECOMMENDED. EPC: D.

Mildenhall — £400,000

A stunning 5 bedroom detached character property situated at the head of a no-through road in a secluded non-estate location and less than a 2 minute walk to surrounding woodland. The property is presented in excellent order throughout and features a large double aspect sitting room and a superb well equipped fitted kitchen/dining room. EPC: B.



Soham — £320,000

An imposing and substantial 4 bedroom period mill conversion delightfully situated on the edge of a town with superb elevated views over a Lode and open farmland. EPC: C.

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Isleham — £365,000

A superbly presented 4 bedroom detached bungalow situated in a village location. The property features a fitted kitchen/breakfast room, sitting room with open fireplace and oak wood flooring, master bedroom with an ensuite shower room. Further benefits include a detached double garage, large summer house and established gardens. VIEWING ESSENTIAL. EPC: D.

Fordham — Offers Over £365,000

A modern 4 bedroom detached character property attractively situated in a highly regarded development of only 9 homes. The property features a superb triple aspect sitting room with a fireplace and beech wood floor, 2 further reception rooms and a master bedroom with ensuite shower room. VIEWING ESSENTIAL - NO CHAIN. EPC: D.

Newmarket — £400,000

A charming detached grade II listed former gatehouse prominently situated in a non estate location east of the town centre. The property is well presented throughout and offers exceptional character with a bay fronted sitting room and open fireplace, a separate dining room, 2 large double bedrooms and a superb bathroom. VIEWING ESSENTIAL. EPC: F.

Exning — £280,000

A newly constructed 3 bedroom detached house standing in a superb non estate position adjoining open fields. Built to a high specification the accommodation includes a ground floor cloakroom, quality kitchen with built in appliances and bathroom with separate shower cubicle. Excellent value early viewing recommended.

RICS NAEA APLA

CAMBRIDGE ELY HAVERHILL **NEWMARKET** SAFFRON WALDEN ST IVES LONDON

Cheffins

Kirtling £1,100,000

Vicarage Farm is a substantial contemporary architect designed home standing in a elevated position with paddocks and superb countryside views. The property offers exceptional space and light and includes a stunning double aspect and part vaulted living room and 4-5 bedrooms with potential for 3 ensuite. Exceptional features include a large heated indoor swimming pool and stunning views over the attached paddock from many prime living areas and bedrooms. EPC: E.

Isleham Offers In Excess Of £225,000

A delightful 2 bedroom period cottage with beautiful private gardens and situated close to the centre of the village. The property offers exceptional charm and character throughout with a wealth of period features and detail including a sitting room with wood floor and Inglenook fireplace, a separate dining room and a cottage style kitchen. EPC: F.

Cheveley £335,000

An attractive 3 bedroom semi-detached Victorian cottage set in a village location, enjoying views over paddocks to the rear. Dating back to 1871, the property contains period fireplaces, pine doors and attractive diamond detailed windows. Approached via a shared gravel driveway leading to a private driveway providing access to the outbuilding/office and secluded rear garden. EPC: D.

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Wicken £395,000

An exceptional and unique home of considerable personality providing stylish and beautifully arranged accommodation within a delightful private garden and positioned within an attractive village setting. EPC: D

Chippenham £400,000

Set within the beautiful grounds of Chippenham Park and with origins dating back to the 17th Century a stunning 3 bedroom Grade II* listed stable conversion providing elegant accommodation of character. Entrance hall, sitting room, study, kitchen/breakfast room, cloakroom, 3 bedrooms, en suite and family bathroom, double garage.

Exning £280,000

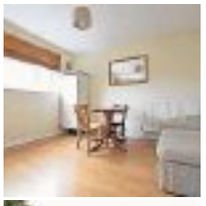
Set on a corner plot at the end of a cul-de-sac, this 4 bedroom link detached family home offers light and airy accommodation which can only truly be appreciated by an internal viewing. EPC: D

Newmarket £245,000

CHAIN FREE

A rare opportunity to acquire a licensed 5-bedroom HMO in central Newmarket.

Approx 1268 sq ft of living space - Through reception hall, 5 Bedrooms, 2 shower/ WCs, Spacious kitchen/living room, allocated parking, rear garden, recently redecorated, gas fired radiator heating, fully double glazed, No chain.Gross income currently circa £18960 pa (has achieved around £20,880pa).



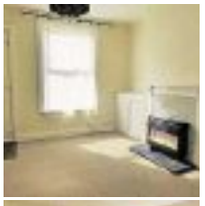
Newmarket £145,000

NEW

Situated just to the south of Newmarket town centre a traditional Victorian cottage providing 2 bedroom accommodation and a 1st floor bathroom.

Sitting room, kitchen/breakfast room, converted outbuilding with cloakroom, courtyard garden. No Chain.

EPC: F



Newmarket £239,950

CHAIN FREE

In an excellent central location a superb 3 storey town house.

Dining room, fitted kitchen/breakfast room, cloakroom, 1st floor sitting room, 3 bedrooms and a bathroom, courtyard garden. 2 off road parking spaces with electronic gates.

EPC: C

Newmarket £175,000

NEW

A semi detached 3 bedroom family house providing spacious accommodation and enjoying a pleasant outlook towards an open green.

Hall, cloakroom, open plan lounge/ diner, kitchen, bathroom, double glazing, enclosed garden and garage.

EPC: D

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Newmarket £695 pcm*

A 2 bedroom semi detached bungalow located on the popular Scaltback Estate. The property comprised of kitchen, bathroom, large sitting room, enclosed rear garden, garage and off road parking. EPC: D

Weston Colville £625 pcm*

A 2 bedroom 1st floor apartment set above the Village Reading Room & located within this highly desirable picturesque village. Enclosed garden and off road parking. EPC: E

Newmarket £850 pcm*

A 3 bedroom semi detached family house with a good sized garden and situated in a popular residential area. 6 month tenancy only. Available Now. EPC: D

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Exning £1,400pcm*

A fabulous detached single storey 5 bedroom residence of considerable flexibility set within wonderful large gardens & situated close to the centre of this thriving and popular village. EPC:E

Newmarket £650 pcm*

A 2 bedroom mid terraced house situated on Studlands Park with the benefit of a single garage. Hall, kitchen, sitting/dining room with door leading to a low maintenance rear garden. Unfurnished EPC: D

Newmarket £1,200 pcm*

A FULLY FURNISHED luxury apartment with outstanding views over Warren Hill. Lobby, hall, lounge, dining room, kitchen, bathroom, 2 double bedrooms with an ensuite to master. EPC: C

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Newmarket £1,000 pcm*

Similar properties required to meet high tenant demand. Call 01638 668284 for a FREE valuation and find out more.

Newmarket £650 pcm*

A redecorated 2 bedroom period cottage of character set to the north of the town centre. Entrance porch, sitting room, kitchen/diner, shower room, courtyard garden & 1 off road parking space. EPC TBC

Stetchworth £850 pcm*

Similar properties required to meet high tenant demand. Call 01638 668284 for a FREE valuation and find out more.

Newmarket T 01638 668284

Newmarket £695 pcm*

A very spacious ground floor two bedroom apartment conveniently located just to the south of Newmarket town centre, Tattersalls and within easy reach of the train station. Available Now. EPC: D

Newmarket £595 pcm*

A detached 1 bedroom property located on the corner of King Edward VII and Exning Road. Accommodation comprises of sitting room, kitchen, double bedroom, bathroom with shower cubicle & rear courtyard. EPC: C

Newmarket £750 pcm*

A first floor apartment located on the south side of Newmarket town centre. Sitting room with kitchen area off, bathroom, 2 double bedrooms, master with en-suite, off road parking and electric heating. EPC: D

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WHATLEY LANE

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WEST WRATTING **GUIDE PRICE £199,995**

This delightful family home is located in the highly regarded village of West Wratting. Offering versatile accommodation throughout including three bedrooms, family bathroom, kitchen and living room. Externally the property benefits from ample of road parking and south facing rear garden. EPC Band D.

DALHAM **GUIDE PRICE £365,000**

We are delighted to offer this attractive three bedroom, detached cottage of brick and flint construction located in the heart of the highly regarded village of Dalham. The property occupies a generous plot with scope to extend (stpp). The property benefits from well maintained landscaped garden, off-road parking and single garage. Viewing essential. EPC Band E

BURY ST. EDMUNDS

This enchanting and substantial four bedroom detached property is situated in the enviable, historic medieval grid and is of architectural and/or historical importance signified by its Grade II listed status. The property is well-presented throughout having undergone various stages of modernisation by the current owner and boasts a wealth of unique and original period features. EPC Band F.

£1950 PCM

NEWMARKET

This semi detached bungalow situated on a quiet road within close distance to Newmarket High Street. Recently modernised throughout. The property comes with two bedrooms of good size, sitting room, kitchen, family bathroom and the added benefit of a sun room. The property has off road parking for several cars and a single garage. Available now. Viewing is essential. EPC Band D.

£800 PCM

NEWMARKET

This immaculately presented three bedroom, two storey Edwardian Townhouse enjoys a premier location close to Newmarket High Street and its amenities. With an array of original features including sash windows, high ceilings and cast iron fireplaces. EPC Band E.

£1100 PCM

NEWMARKET

Three storey Edwardian townhouse located in a desirable part of Newmarket close to the town centre. The property benefits from versatile accommodation including kitchen, snug room, living room, dining room, five bedrooms, two en-suites and a family bathroom. EPC TBC

£1600 PCM

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01638 561187

WHATLEY LANE

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HERRINGSWELL **GUIDE PRICE £199,950**

Located in the heart of East Anglia, between Bury St Edmunds and Newmarket, The Courtyard at 'The Manor', Herringswell is a modern end block, top floor apartment which has been built and finished to a high standard. Accommodation includes two bedrooms, living/dining room and kitchen. Ideal investment opportunity, currently let at £900 pcm. EPC Band B.

BURY ST EDMUNDS **GUIDE PRICE £450,000**

Enjoying a pleasant setting, on a quiet road with luxuriously appointed accommodation that comprises: four bedrooms, master en-suite and family bathroom, high-quality fitted kitchen, utility room, study/library, large reception room and adjacent snug, garaging, ample off-road parking, front and rear gardens. EPC Band C.

NEWMARKET

Stunning ground floor apartment located in the highly regarded Coronation Court. Conveniently located close to Newmarket Train Station and the World famous Tattersalls. Offering versatile accommodation including two bedrooms, kitchen and open-plan living/dining room. Ideal for investors. EPC Band C

GUIDE PRICE £207,000

HERRINGSWELL

Located in the heart of East Anglia, between Bury St Edmunds and Newmarket. Accommodation briefly comprises of kitchen/dining room, living room, two double bedrooms with en-suites. EPC band C.

GUIDE PRICE £375,000

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NEWMARKET

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DAVID BURR

THURLOW

Newmarket 9.5 miles - Bury St Edmunds 15.5 miles

A 3714 sq ft former Mill with equestrian faciities and paddocks plus further useful outbuildings. Garden room, sitting room, dining room, family room, kitchen/breakfast room, The Mill, hallway, cloakroom, 4 bedrooms (2 en suite bathrooms, 2 dressing rooms), family bathroom. Double garage, stable block, heated tack room. 1 bedroom annexe and a self contained 2 bedroom (2 en suite) cottage.
In all about 5.6 acres.

EPC Rating: F

Guide £1,175,000

GREAT BARTON

Newmarket 17 miles - Bury St Edmunds 3 miles

A substantial 2390 sq ft property situated in a pleasant village location, enjoying views over open countryside. 4 reception rooms, kitchen/breakfast room, utility, shower room, 5 bedrooms, 2 bathrooms. Double garage and gardens.

EPC Rating: D

Guide £595,000

CLARE

Newmarket 20 miles - Bury St Edmunds 16.5 miles

A charming detached 18th Century cottage situated in a semi rural location. Sitting room, dining room, kitchen/ breakfast room, 5 bedrooms, shower room, bathroom. Double garage, off road parking and gardens.
In all about 0.6 of an acre.

EPC Rating: E

Guide £565,000

STANSFIELD

Newmarket 13 miles - Bury St Edmunds 12 miles

A charming Grade II Listed detached cottage situated in a quiet rural location, surrounded by open countryside. Sitting room, kitchen/breakfast room, utility area, bathroom, 2 bedrooms. Double garage and good size garden.

Guide £365,000

DRINKSTONE

Newmarket 22 miles - Bury St Edmunds 10 miles

A charming detached Grade II Listed thatched cottage. Sitting room, drawing room, dining room, kitchen/ breakfast room, study, cloakroom, utility, shower room, 3 bedrooms, (2 en suite). Garage and garden.
In all about 0.3 of an acre.

Guide £410,000

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BURY ST. EDMUNDS ◆ CASTLE HEDINGHAM ◆ CLARE ◆ LEAVENHEATH ◆ LONG MELFORD ◆ NEWMARKET ◆ WOOLPIT ◆ LONDON SW1

DAVID BURR

HUNDON

Newmarket 13 miles - Bury St Edmunds 13 miles

A Grade II Listed farm house with outbuilding and annexe. Drawing room, garden room, dining room, kitchen/breakfast room, study, cloakroom, 3 bedrooms, bathroom, guest bedroom with en suite, attic room.
1 bedroom annexe and storage barn.
In all measuring 1.8 acres.

Guide £1,225,000

NEWMARKET

Cambridge 13 miles - Bury St Edmunds 15 miles

A substantial detached property situated within walking distance of the town amenities. Sitting room, dining room, cloakroom, kitchen, utility, breakfast room, drawing room, office/family room, shower room.
6 bedrooms all en suite. Second floor 1 bedroom self contained residence. Garage and garden.

EPC Rating: D

Guide TBC

KIRTLING

Newmarket 5 miles - Cambridge 18 miles

A stunning Grade II Listed cottage thought to be one of the oldest in the village. Sitting room, drawing room, kitchen/breakfast room, dining room, 4 bedrooms, 2 bathrooms.
Double garage and gardens.

Guide £535,000

LAWSHALL

Newmarket 22 miles - Bury St Edmunds 9 miles

A Grade II Listed cottage. Sitting room, inner hall, family room, AGA kitchen, dining area, utility, study, bathroom, 3 bedrooms, shower room.
Double cart lodge, double garage and gardens.
In all about 0.85 of an acre.

Guide £515,000

LITTLE SAXHAM

Newmarket 12 miles

A Grade II Listed cottage situated in a rural location enjoying countryside views. Sitting room, dining room, kitchen/breakfast room, utility, cloakroom, 3 bedrooms and bathroom.
Off road parking and gardens.

Guide £355,000

BARWAY

Newmarket 12 miles - Ely 5.5 miles

A delightful Grade II Listed cottage with equestrian facilities. Dining room, sitting room, kitchen/breakfast room, bathroom, utility room.
2 bedrooms (1 en suite).
Paved dining terrace.
In all about 0.7 of an acre.

EPC Rating: D

Guide £385,000

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Wicken £350,000

A unique opportunity to purchase a three bedroom detached bungalow in a popular village location with detailed planning permission for a three bedroom detached house adjacent. The bungalow comprises of the following:- Entrance Hall, Lounge, Kitchen, Three Bedrooms, Bathroom, Oil fired radiator heating, Front and Rear Gardens, Driveway and Garage.

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Stetchworth £169,995

A rare opportunity to purchase a two bedroom bungalow in need of complete modernisation within the much sought after village of Stetchworth. The property stands well back from the road and enjoys extensive grounds to both the front and rear. Viewing is essential to appreciate the full potential this home has to offer. EPC E

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Chippenham 595

Period cottage with 2 bedrooms. EPC Grade G host of features incl fireplace, exposed beams and brick flooring.

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Newmarket £193,000

Beautifully presented staggered terrace home in popular location on the north side of the town. 3 bedrooms, living room, L shaped Kitchen/Diner, conservatory, family bathroom with shower. Front and rear garden....

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Chippenham £159,000

A fabulous opportunity to purchase a well extended modern two bedroom semi detached home situated at the end of a cul de sac within a popular village. The property has been extensively modernised by the present owners with a refitted kitchen and bathroom along with Upvc double glazing. EPC D

01638 660303

Reach 245000

An extended three bedroom semi detached family home in a quite stunning location with views over open farmland to the rear. EPC C

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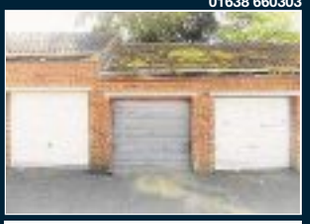

Newmarket £10,000

A rare opportunity to purchase a single garage located on the Studlands development. Ideal as a lockup or garage/ workshop. Similar garages are renting at around £25 per week, which makes a good investment. The garage is of brick construction beneath a pitched and tiled roof....

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Soham £525

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This 208 uses Hybrid Air

INCREDIBLE: The Peugeot 208 Hybrid Air

FANCY a car that runs on thin air? We all would, and Peugeot is almost ready to turn it from science-fiction to science-fact.

The firm is ready to actually demonstrate its Hybrid Air technology, where a 208 supermini runs partly on petrol and partly on compressed air, resulting in astonishing fuel economy figures topping 140mpg.

A compressed air tank beneath the boot stores energy, while clever engine management swaps between petrol and air to achieve maximum efficiency. At times, particularly in urban environments, the engine can run on air alone. At these times, there are no CO2 emissions and no fuel is consumed.

The driver can also select a driving mode that forces the car to use air as much as possible. The compressed air tank can be recharged in as little as 10 seconds either through deceleration or direct pumping from the engine.

The complex nature of the drivetrain means that it's only available in automatic guise, but Peugeot says that's better for efficiency anyway.

A weight-cutting spree including using expensive composite materials wherever possible has reduced the prototype 208's weight to just 860kg. The weight reduction makes heavy systems like power steering superfluous, helping to cut even more bulk from the finished product.

The Paris Motor Show opens on October 4, running until October 19. The impact of the Hybrid Air system is likely to last much longer.

WILL.HE.IS: With his Lexus ace

Will.i.am's Lexus

AN ultra-stylish interpretation of the new Lexus NX, created by the musician, innovator and global entrepreneur will.i.am, was revealed last night at an exclusive launch party in Paris. The Grammy award-winning artist presented his vision for Lexus's first luxury compact crossover before performing a DJ set for invited guests from across Europe.

The special edition NX 200t F Sport brings will.i.am's flair and creativity together with the NX's eye-catching striking angles. Featuring cutting-edge on-board technology, a sharply styled exterior and a sport design, the NX is aimed at younger, urban customers who value good design.

Family-friendly B-Class to arrive in November

MERCEDES has revealed an updated version of its family-friendly B-Class model.

The arrival of the second-generation car follows sales of more than 350,000 units since its launch in late 2011. Changes to the B-Class include exterior and interior enhancements along with improved equipment lines.

Three diesel and two petrol motors continue to make up the range, with Mercedes claiming consumption statistics ranging from 56.5 to 78.5mpg for the former and 42.8 and 52.3mpg for the latter.

UK deliveries are slated for November, with prices starting from £22,575 for the entry-level B 180 manual petrol variant.

Boasting changes to its nose in the form of a new bumper, lights and grille, the second-gen B-Class also gains a new rear bumper plus changes to its cabin to further boost quality and ease of use.

UPDATED: The new Mercedes B-Class looks sleeker and less clunky

A car to get Excited about!

'64 PLATE

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Murketts of Stapleford, Magpie Garage, London Road Stapleford CB22 5DG, 01223 716600

Murketts of Royston, Old North Road Royston SG8 5DQ, 01763 226666

VAUXHALL

Official fuel consumption figures in mpg(l/100km) for the Vauxhall range are: Urban 17.9 (15.8) - 67.3 (4.2). Extra-urban 37.7 (7.5) - 91.1 (3.1). Combined 26.6 (10.6) - 80.7 (3.5). Official emission figures range from 249-94/km

Saving quoted is against Manufacturers Recommended Retail Price (MRRP). Model shown is for illustration purposes only. This offer supersedes any previously advertised offer. Prices exclude road fund licence.

Volkswagen is top towcar winner

THE Volkswagen Group continued its dominance of The Caravan Club's prestigious Towcar of the Year competition by lifting the trophy for a seventh consecutive year.

The competition's 39 entries were split into six price classes and two weight categories, ranging from the Dacia Logan MCV LauréatedCi at just £12,114 to the all-singing, all-dancing Land Rover Discovery HSE Luxury 3.0 SDV6 at a shade over £60,000. The diverse entry list included small 4x4s, saloons, estates, hatchbacks, SUVs, large off-roaders and an electric/petrol hybrid.

Each towcar endured the same gruelling series of trials – not only being judged on its towing performance over a testing circuit at the Millbook Proving Ground in Bedfordshire, but also for its 'caravanability' – ie how much typical holiday gear and caravan paraphernalia it could accommodate, how easily it could be hooked up to a caravan and the quality of towing information contained in its handbook. Value for money (initial purchase price and running costs) was also added to the marking equation.

Seven driving judges put the cars through their paces and evaluated each one's dynamic abilities and ergonomic qualities. Tests included a mid-range 30-60mph acceleration assessment, high-speed towing appraisal, reversing, emergency braking, ride and handling evaluations as well as hill-stop and restart trials.

Price Class wins in the competition went to: the Fiat Panda 4x4 1.3 MultiJet; Peugeot 308 SW PureTech 1.2 e-THP stop-start; SEAT Leon ST FR 2.0 TDI; Volkswagen Golf SV GT 2.0TDI DSG; Volvo XC60 D5 AWD R-Design NAV; and the Land Rover Discovery HSE Luxury 3.0-litre SDV6.

From these Class winners, the SEAT Leon ST forged ahead to take the overall victory, earning comments such as, "the SEAT's engine kept its torquey feel and produced punch whenever and wherever it was required", and "even at increased speeds, it remained unruffled and composed".

All-Wheel Drive vehicles competed in two additional categories – 'All-Wheel Drive Under 1,800kg' and 'All-Wheel Drive Over 1,800kg'. First place in the lighter category went to the Volvo XC60 D5 AWD R-Design NAV, while the Land Rover Discovery HSE Luxury 3.0 litre SDV6 took the honours in the heavier group.

The results of the competition were announced at The Caravan Club Towcar of the Year Awards ceremony, held at the Royal Automobile Club in London on 24 September.

For the 2015 competition, the Judges' Special Award went to the Mitsubishi Outlander GX4hs 2.0 PHEV – the PHEV hybrid's innovative electric/petrol technology was assessed shoulder to shoulder against more traditional vehicles.

CARAVANABILITY: The cute Fiat Panda 4x4 1.3 Multijet, top, and the Land Rover Discovery HSE

With new car design, it's all about the detail

WITH cars being the most hi-tech ever, why are there still so many design flaws, *asks Matt Kimberley?*

Spend five minutes talking to someone who designs or engineers new cars and you'll be left in no doubt how much money companies spend on getting everything 'just so'.

So why is it that some of the most blatantly obvious and/or annoying problems with cars are still being ignored?

I'm talking about the things you don't usually get the chance to discover on a typical local test drive. Like why the fold-down sun visor doesn't stretch all the way to the A-pillar, leaving that infuriating gap that seems to draw the sun to itself like a magnet pulling a ball bearing.

Then there's rain testing. Don't car makers ever test their cars in the wet? Don't they open the boot and discover how rain droplets cascade like the former contents of a recently burst water balloon onto your shopping?

There are cars that have space-saver spare wheels and small boots, meaning that once you've removed your full-size standard wheel and tyre, you've got nowhere to put it while you drive to the garage. What are you supposed to do? Leave it by the roadside? Roll it off down the street?

Not forgetting alloy wheels with more spokes than the London Eye. It's partly the owners' fault for buying cars with these idiot hoops fitted, but did the designer not think about how many Sundays – and knuckles – he'd be ruining by penning wheels that are so damn difficult to clean?

Enough ranting: I have a simple solution. Ordinary people should be employed on a rotating basis to test cars in their developmental stages. They'd discover all sorts of things that the designers had missed, like how the exposed metal boot release button on Dacias will rust like an old Alfa Romeo after being exposed to enough salty winter roads.

We normal folks with our curious lives have a way of rooting out all the flaws in a car, most of which nobody at the factory ever thought about. This is, surely, a priceless insight for making future models better, so let's get some of the jobless contingent into car factories across the globe to see if they can make the designers look stupid.

That's job creation and improved convenience for car drivers the world over. I'm expecting the 'thank you' phone call from Messrs Cameron and Clegg any minute now.

NOT REALLY: Pushing a button could involve more flair than this

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01223 358111

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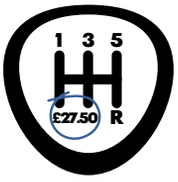

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PEUGEOT 307 SW SE 110 HDI

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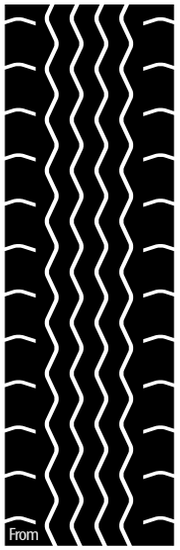

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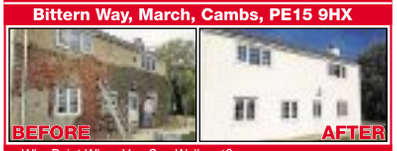

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Jobs

Trade advertisers please call 0844 4068 674

General Vacancies

GAS SERVICE/HEATING ENGINEER

Gas Heating Services Ltd are a locally based heating & plumbing company who cover Newmarket, Ely & surrounding areas.

We cover all aspects of heating & plumbing, specialising in natural gas and LPG appliance installation servicing, maintenance & repair.
We are currently looking to employ a GAS SERVICE/HEATING ENGINEER who can work in a professional & courteous manner.

Applications/cv by e-mail to gas247@btconnect.com or by phone 01638 781178. ©LW

Langley Larder

are looking to recruit the following positions in Fulbourn

Driver/ Potwash – Mon – Fri – min 20 hrs

Sandwich Makers – Mon – Friday- hours vary

Trainee Chef – Full Time

Catering experience preferable.
Full driving license required.

Please send CV to Catherine@langleylarder.co.uk
Langley Larder C/o Chilford Hundred Ltd, ©LW

Caps Cases

are looking to recruit a

Sales Co-ordinator

Based at the Head Office site in Newmarket, Suffolk working within the internal sales/customer services team liaising with customers about their requirements and preparing specifications on the computer system.

The ideal candidate will need excellent communication skills and be extremely customer focused, organised, resilient, and have the ability to adapt to each situation.

No previous experience required as full training will be given.

Please note there is no cold-calling involved in this role.

Please apply in writing to Sarah Burch with CV included. Closing date for applications is Friday 10th October. No Agencies. ©LW

Caps Cases Ltd, Studlands Park Industrial Estate, Newmarket, Suffolk, CB8 7AU
Or email sarah@capscases.co.uk

Slepe Hall Hotel

Sous Chef

Recently refurbished Hotel and Brasserie is looking for a Sous Chef to lead our function and events part of the business and to work alongside the head chef with kitchen controls, budgeting, stock control and menu planning.

17 bedroom hotel, with 50 cover Brasserie and thriving function rooms (up to 200 covers)

Ideally you should have experience in a similar establishment either as Sous Chef or are a Junior Sous looking for a promotion.

For further information, or to apply for the above positions, please call Stuart Clements on (01480) 463122
or send your CV to stuart@slepehall.co.uk ©LW

NEWMARKET ACADEMY
The Samuel Ward Multi Academy Trust is seeking to appoint the following posts:

Inclusion Officer

£21,278 - £24,184 pro rata

37 hpw, 39 weeks per year

Do you want to work in a vibrant, new school? Do you want to work with a caring, friendly and aspirational body of staff? Above all are you a flexible, independent person who enjoys the challenge of working with a complete range of young people?

As Inclusion Officer you will support our new structure of support for each and every student in the academy. You will work in one of three new House Teams. You will support and challenge students to maintain our high expectations of attendance, progress and behaviour.

We are building a school the community can be proud of and hope you will want to join us in this.

Marketing and Communications Administrator

£15,000 - £17,000 pro rata

2 days per week, 41 weeks per year

Do you have a marketing background? Do you want to help us build an identity virtually from scratch?

We have a unique position that requires a unique character. You will need to be passionate, enthusiastic and knowledgeable about marketing - online and offline. We need someone who excels at communication and knows how to make an emotional connection with their audience. Our vision and values are strong and we want you to bring them to life. Are you up for the challenge? We are embarking upon a road of change and it won't be an easy ride, so it's not a role for the faint hearted!

In the first instance this is a part time position and the days can be organised to suit the successful applicant. We will review the hours after an initial trial period.

If you would like to join us on our journey to be a provider of outstanding education in Suffolk send us something that will grab our attention and demonstrate your skills.

Applicants for both posts must have GCSE grade C or equivalent in maths and English.
Closing date for the above posts: 16 October 2014.

Receptionist £13,044 pro rata

35 hpw, 39 weeks per year

Required ASAP, an enthusiastic person to work as our main Receptionist at the academy. The core responsibilities of this post are to receive visitors, manage the switchboard and to carry out related administrative work associated with the post. You must be dedicated, flexible and conscientious with good interpersonal and teamwork skills.

If you have any queries about this position then please contact Julia Frost, Office Manager on (01638) 664412.

Closing date: midday, 10 October 2014.
Interview date: 16 October 2014.
For further information about any of these posts please email Pauline Gamlin, PA to Head of School: pauline.gamlin@newmarketacademy.co.uk

We are committed to safeguarding and promoting the welfare of children, young people and vulnerable adults and expect all staff and volunteers to share this commitment. DBS checks or police vetting will be required for relevant posts.

www.suffolkjobsdirect.org

Morris Armitage

PART-TIME RENTAL ADMINISTRATOR

Following further growth and exciting times in the property sector

we are looking for a part-time rental administrator to join our busy Newmarket office.

Please send cv and covering letter to:
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CB8 8DN
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Email: admin@morrisarmitage.co.uk ©LW

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We have great products, modern technology, outstanding facilities and, more importantly, highly talented people who make our company one of the best employers and places to work. We are committed to providing our employees with excellent training and development opportunities and we are currently looking for an exceptional individual to come and join us:

Technical Proof Reader – 12 month Short Term Contract

We currently have a vacancy for a Technical Proof Reader within the Packaging Artwork section of our Company, on the basis of a 12 month Short Term Contract. This role will be based at our Cambridge site.

You will be responsible for accurately proofreading all packaging artwork changes, following regulatory, technical and brand guideline documents and working within compliant processes and procedures.

Specific duties will include; technically checking all aspects of packaging artwork files against existing templates and specifications, proofreading packaging artwork files and generating deviation reports from electronic comparison software, liaising with printed packaging companies ensuring we are supplying files ready for print.

To be successful in this role, you will possess previous proofreading experience, ideally within a packaging, pharmaceutical or healthcare environment, have an excellent eye for detail and have the ability to prioritise and meet strict deadlines.

We provide excellent salaries and benefits. For full details of this vacancy or to apply online, please visit the 'Vacancies at Bard' section on the Bard website **www.bardpharmaceuticals.co.uk.** Please include a covering letter with your CV including the job reference, plus your current remuneration details and salary expectations. Alternatively, you can send your information to the HR department at Bard Pharmaceuticals Ltd, Cambridge Science Park, Milton Road, Cambridge, CB4 0GW or email bardvacancies@napp.co.uk. Please note the closing date for this position is Friday 10 October 2014

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Telesales Executives Milton, Cambridge

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You would join our friendly sales departments as a Telesales Executive.

The role involves a high level of cold calling to local businesses who will benefit from advertising in our newspapers and on our websites.

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We Offer:

- Up to £18,000 per year basic
- A generous bonus structure
- Great potential for career development
- 25 days holiday per year
- Regular training
- Strong support from your team and your manager
- Contributory pension and healthcare after a qualifying period.

If you feel you are suited to this position and are interested in applying, then please request an application form by emailing louisa.kugeniek@localworld.co.uk

We encourage applications from all walks of life and all applications will be considered on merit. It is the company's policy to employ the best qualified personnel and provide opportunity for the advancement of employees including promotion and training and not discriminate against any person because of sex, race, pregnancy, disability, marital or family status, ages, sexual orientation, religious beliefs or trade union membership.

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Hours: Part-Time

32hours over 4 days - Mon, Tues, Thurs, Fri

Salary: **up to £13.75per Hour** – DoE

Benefits: 14% Employer Pension Contribution & NHS discounts!

Please visit **www.bottishammedicalpractice.nhs.uk** for an application form and further details. Any enquiries please call Dawn Sutton-Gray, Office Manager on 01223 810030

Closing Date: 12th October | Interview Date: 16th October

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The Centre for Computing History in Cambridge is currently offering the following short-term positions

Education Officer

Salary: £26,000 pa pro rata

Hours: Three days a week (0.6 FTE)

This position requires a comprehensive understanding of computer programming (BASIC and Python would be ideal) and simple electronics, such as an understanding of logic gates.

Viva Computer! A people's history of home computing

We are seeking a part-time Volunteer Co-ordinator and part-time Education Co-ordinator to lead an exciting new 18-month audio-visual project - Viva Computer! - funded by the Heritage Lottery Fund.

Volunteer Co-ordinator

Salary: £28,000 pa pro rata

Hours: two days a week (0.4 FTE)

Fixed term: November 2014 to April 2016

Education Co-ordinator

Salary: £26,000 pa pro rata

Hours: two days a week (0.4 FTE)

Applications: Email or post a CV (three pages max) plus covering letter outlining reasons for applying and which skills you will bring to the post.

Email: jobs@computinghistory.org.uk

Post: Curator, Centre for Computing History, Rene Court, Coldhams Lane, Cambridge CB1 3EW

CCH is unable to reply to every application. If you do not hear from us within three weeks after the closing date, you should assume that you have not been short-listed for an interview.

The Centre for Computing History is committed to equality of opportunity.

For further information please visit:

http://www.computinghistory.org.uk/news/35592/Job-Vacancies/

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CHESTERTON COMMUNITY COLLEGE

11-16 mixed, with 940 pupils on roll

Headteacher: Lucy Scott

TEMPORARY COVER SUPERVISOR

Required from: October 2014 to July 31st 2015

(32.5 hours per week, term time only plus 2 training days)

Salary level 3, Point 18 – 21 (£17,333 to £19,317) (pro rata per annum)

An exciting opportunity has arisen to supervise lessons during teaching-staff absence. No previous experience or teaching qualifications are needed as full training and an induction programme will be given. Experience within a school would be an advantage. Applicants are expected to be enthusiastic and to adhere to the ethos of Chesterton as described in our ethos document.

In addition to appointing a permanent Cover Supervisor, we are also seeking "supply" Cover Supervisors whom we would train to come in to the College on a casual basis should the need arise.

Closing Date: 10th October 2014

Interview date: TBA

Details of Chesterton Community College and an application form are available via the college website www.chestertoncc.net (click on Vacancies and follow the links) or telephone 01223 712150 Ext 142. Please send a completed application form and covering letter to Mrs Wendy Palmby, Chesterton Community College, Gilbert Road, Cambridge, CB4 3NY or to wpalmby@chesterton.cambs.sch.uk by the strict deadline which is final.

Chesterton Community College uses safe recruitment procedures to ensure the welfare of children. All applicants are required to complete a DBS check and only applications submitted on the College's application form will be considered. All shortlisted applicants should expect to be called for interview no more than 5 working days after the closing date. If you have not heard from us by then you can expect that your application to be unsuccessful. Visits to the College are welcome.

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Hinchingbrooke School

Inspiring excellence Fulfilling potential

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We seek to appoint a well-qualified, experienced and professional Instructor as soon as possible, who will work with the SENCo and other staff, helping to lead us into a new era of supporting learning. The position is to organise and manage the learning for a number of students who, for part of their time, will not be accessing mainstream lessons. Students may require a variety of alternative learning experiences and programmes.

Hinchingbrooke is an academically focused school offering a very pleasant working environment, once described by the Daily Telegraph as 'the most beautiful state Secondary School in the country'. It is a larger than average comprehensive school with academy status and has a number of unique features.

For full details of this post and information about the school please visit our website: **www.hinchingbrookeschool.net** or email: **jobs@hinchbk.cambs.sch.uk** or call **01480 420523.**

Closing Date: Wednesday 15 October 2014 (noon)

Interview Date: Thursday 23 October 2014

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Studio Administrator

FINE & COUNTRY fineandcountry.com

We are looking for an Administrator to join our busy design and desktop publishing Studio based in Central Cambridge. We need someone who has good administration skills, who has an eye for detail, has a high standard of written and spoken English, works to deadlines and enjoys liaising with customers.

Please send CV/covering letter to sharon@121parklane.co.uk

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Full and Part Time

Please contact Bridget Paterson

01638780066

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require

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GROUNDWORKERS required, good rates of pay, experience is required. Must have CSCS card & working permit.Please call Graham on 07767 272 541

BRICKLAYER/IMPROVER required to join gang. Long run of work. Must have own transport and CSCS card. 07854 465036

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To apply please contact Katherine Langford for an application form katherine.langford@coulson.co.uk or call 01223 423800.

Coulson Building Group, William James House, Cowley Road, Cambridge CB4 0WX

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TIMBER FRAME FACTORY OPERATIVE

As part of our continued growth plans we would like to recruit additional factory operatives to work at our factory in Gamlingay, Sandy, Beds.

Whilst previous experience is preferable it is not essential as full training will be provided by the company.

The positions are all full time with good rates of pay based on a piecework basis.

There are both day and night shifts available.

To apply please in the first instance send your CV to **mark@mssafetyservices.co.uk**

No telephone applications will be taken.

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Public Notices

Trade: 01223 434291

Licensing Notices

FOREST HEATH DISTRICT COUNCIL
PUBLIC NOTICE ADVERTISEMENT

Application for the Renewal of a Sex Establishment Licence made under the Local Government (Miscellaneous Provisions) Act, 1982 Part II, Schedule 3

NOTICE IS HERBY GIVEN THAT WE HEAVEN AWAITS LIMITED

APPLIED ON 26th September 2014

TO: Forest Heath District Council

In respect of the premises known as: Heaven

Located at 109 High Street Newmarket Suffolk CB8 8JH

For a licence to use the premises as a "Sex Establishment"

ANY PERSON wishing to oppose the application should write to the Food, Licensing and Safety Team, Forest Heath District Council, District Offices, College Heath Road, Mildenhall, Bury St Edmunds Suffolk. IP28 7EY.

Letters in support of the application should also be sent to the Food, Licensing and Safety Team at the above address.

Please note that any written representations received in response to this consultation are likely to be required to be made available for public inspection in accordance with the Local Government (Access to Information) Act 1985.

17th October 2014 to be 21 days after the date of application being made to Forest Heath District Council.

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Trade: 01223 434291

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First Choice Escorts

Require girls

Must be over 18

Earn up to £200 per night

Call between 9am and 9pm

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CAMBRIDGE Sweet massage, sensual & relaxing. 7 days by appointment.

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SWEDISH MASSAGE Daily, Mon—Fri, Relaxation assured. In private surroundings or comfort of your own home. Call Tessa 07934 195451.

A11 HEAVENLY MASSAGE Mon — Sat, 9am — 7pm. Summer offer £20 off. 07722 023406 (Barton Mills)

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INDEPENDENT Escort to visit you, 07914 608 219.

MONICA Escort to visit you, 07914 608 231.

CASH FOR HOLIDAYS

classified market PLACE

SANCTON WOOD SCHOOL

REQUIRED FOR NOVEMBER 2014 or JANUARY 2015

Nursery Nurse

Sancton Wood is an independent school situated in the heart of Cambridge. We require an exceptional, highly qualified Nursery Nurse for our small, caring Nursery, rated as outstanding in our most recent inspection. You will enjoy being part of a well-established Nursery Team in our delightful, friendly small school.

Sancton Wood is part of the Minerva Group of Schools and is very well supported through the groups "Inspiring Learning" Programme which has the professional development of staff as one of its key objectives.

We are looking to recruit both a permanent position and maternity cover.

Application forms available at /www.sanctonwood.co.uk/job_vacancies or by email to richard.settle@sanctonwood.co.uk

Closing date for applications: 6th October 2014, interviews will be on 13th October 2014

Sancton Wood is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. The successful applicant will be subject to an enhanced DBS check.

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Jesus College

TRAINEE FUNCTIONS SUPERVISOR

We are seeking a Trainee Functions Supervisor to join our excellent Catering Services Team. You will assist in the day-to-day front of house operation and be responsible for the preparation and service of all functions held in College including lunches, dinners, conferences and wedding receptions.

This position offers you the opportunity to build on your catering experience and develop in a leadership role. We are committed to providing a structured programme of training and support which will enable you to develop your skills and experience working in a quality catering establishment.

Above all else, you will be passionate about working in a prestigious hospitality environment and have a desire to deliver exceptional levels of service. You will need to be enthusiastic, motivated and reliable with excellent communication and guest relations skills.

The starting salary will be from £16,861 per annum working a shift pattern of 37.5 hours per week. In addition we offer a generous benefits package including a pension scheme, free staff meals on duty and free parking.

For further details please visit www.jesus.cam.ac.uk/jobs or telephone 01223 339469.

The closing date for applications is 6 October 2014.

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Suffolk IP29 5AB, info@favaliant.co.uk

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Bulk tipper experience preferred but not essential

Required: HGV 1 licence, CPC, digital tachograph card
Rough Terrain Forklift would be an advantage

To apply, please contact Transport Office by email or call 01954 210211 with details of your experience or CV.

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Healthcare Assistants, Support Workers & Nurses

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For work in care/nursing homes and supported living assistance. Full or part time hours day, varied work evenings & weekends. **Drivers essential. No experience needed, full training given**!

Recruitment Open Days

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Pop along for info: Unit 10, William James Hse, Cowley Road, Cambridge CB4 0WU

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Or Call: 01223 423739

www.nurseplusuk.com

Equal Opp Employer (Agy) cambridge@nurseplusuk.com

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For Home to School Transport.

Mornings and Afternoons.

Training given. Vehicle supplied.

Earn between, £3300-£7500

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Please call 01279 661661 OR Email HR@24x7ltd.co.uk

Parish Clerk and Responsible Finance Officer

To Grantchester Parish Council
27 hours pcm, working mainly from home.
Previous clerking experience advantageous, but not essential
Salary in line with NALC rates
Send CV with covering letter by Friday 3rd October 2014 to Dr Lesley Sherratt: **chair@grantchester.org.uk**
Interviews: week commencing Monday 6th October 2014
Further details available from Elizabeth Gladman:
clerk@grantchester.org.uk

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Round-up

Athletics

Sales is star of the show

JAMIE Sales and Keneva Kunz showed age is no barrier as they shone at the Devil's Dyke Cross-Country run.

The 9K race and three-mile cross-country run were being held at the Ellesmere Centre, Stetchworth and supporting the Ellesmere Community and Leisure Centre, and the Kettlefields Primary School PTFA.

The youngest competitor in the three-mile men's race was Cambridge & Coleridge's 13-year-old Sales, and he won the event by nearly six minutes, in 17min 51sec. His father Mike Sales, of Newmarket Joggers, was third in 24.30.

And at the other end of the spectrum, Kunz triumphed in the women's three-mile event in 28.35. Newmarket Joggers' Sally Nicholson was second in 29.47.

In the 9K men's race, West Suffolk AC's Michael Bartram was first in 33.19, with the Joggers' Paul Holley 17 seconds behind in second. Newmarket's Karine Ferrin won the women's 9K in 42.32.

There were 29 runners in the children's 0.5K and 1.5K runs.

Newmarket Joggers' Charlie Payne was first in the under-eights' race in 2.09, with Toby Grimwood second.

Romilly Findlay won the under-eight girls' race in 2.15, as Newmarket Joggers' Eadie Brooker took the runners-up trophy in 2.18.6.

In the 1.5K boys' races, Newmarket Joggers did the double, with Harry O'Shea taking the under-13 category in 6.34 and Harry Kelly winning the under-11 event in 6.40. Harrison Barrett was the under-13 runner-up.

Tianna Brooker ran a great race to win the under-11 girls' trophy in 7.22, with Hannah Troop second in 7.26.

In the Ipswich Half Marathon, the Joggers' Nicky Chapman finished in 1hr 38min 26sec and Grainne Brennan clocked 1:39.46.

Ursula Ransom continued her fine run of form as she showed her versatility, with the recent 5K winner clocking 3:23.00 in the Berlin Marathon.

Martyn Taylor earned a podium spot in the Ely City Marathon, finishing second in 3:07.00 as he recovers from a back injury in his preparations for the Abingdon Marathon.

Lisa Redman continued her evolving Ultra Marathon CV, completing in the demanding 42-mile event in 7hr 50min.

In the Hever Castle Olympic Triathlon Series, Newmarket Joggers' Ruth Purbrook and Belinda Schofield produced fine performances.

Purbrook set a personal best 2:29.14 and Schofield timed 3:30.46.

Racing

Tiggy Wiggy enhances her credentials

HOT FORM: Tiggy Wiggy makes it six wins this season, taking the Connolly's Red Mills Cheveley Park Stakes

MOMENTUM was the buzzword of the Ryder Cup and it could similarly be applied to Tiggy Wiggy as she added a first Group One victory to her CV in the Connolly's Red Mills Cheveley Park Stakes at Newmarket.

Remarkably, Tiggy Wiggy (6-4 favourite) made her debut on the opening day of the Flat season, registering the first of what are now six wins, and this latest triumph was again achieved in her aggressive style from the front as she moved two-one up in an evolving rivalry with Anthem Alexander.

Hannon said: "She was bought for £41,000 and is a very good filly – this has shown you can buy a horse for that money and get a top-class one. She's the two-year-old of the year to me, but she would be."

Tiggy Wiggy has been all but ruled out of a trip to Paris for Prix de l'Abbaye at Longchamp.

Although she featured among yesterday's confirmations for the Abbaye, Richard Hannon snr, now assistant to his son, said: "I believe that (Tiggy Wiggy not running on Sunday) is the case.

"I know it is highly unlikely, anyway.

Hockey

Dragons tamed by Newmarket in league clash

NEWMARKET came away with a 4-3 win at Norwich Dragons II in East Men's League, Division 3NE.

After having Worrall yellow-carded, the visitors conceded twice, but their midfield three of Wilson, Dawson and Skelton began to dominate with Bell and Holden providing the width.

Their perseverance was rewarded when Wilson showed fantastic skill to beat two players and fire a rocket from the top of the D past the Norwich keeper.

Newmarket continued to pile on the pressure in the second half and Skelton flicked the ball into the top corner to level.

Debutant winger Reed found Holden in the D, who turned to blast past the keeper to put Newmarket 3-2 ahead.

As the game became end-to-end, captain Griffiths intercepted a ball and burst through to find Holden, who lobbed the keeper and was able to get a good touch to put the ball in air.

Griffiths had continued his run and was able to hold off the Dragons defender to put the ball in the goal.

The hosts pulled one back on the counter-attack, but Newmarket held firm for the win.

Newmarket II secured their first 4NE win under new skipper Drew Wood with a 3-2 triumph at home to Norwich Dragons III.

They were dealt a blow when Charles Wright went off with a pulled back muscle, but went ahead with a short corner goal from Chris Evans.

Dragons drew level after a goalmouth scramble, but Wood swept home to put the hosts back in front and Harrington smashed home a short corner before Norwich pulled back a late goal.

Newmarket ladies went down 5-0 to Norwich Dragons in East Women's League, Division 2NE.

But captain Faye Andreou said: "Despite the results the team has had so far this season, we are building and learning every week and the team's performance second half of this match proved we can be a force to be reckoned with in this league."

Newmarket ladies II beat Newmarket ladies III 4-0 in 4NW(S) thanks to Tracy Cockerill's hat-trick and a Donna Keats goal.

Football

Thatcher brace helps Fordham to gr-eight win

TOM Thatcher scored twice as Fordham brushed aside Cottenham 8-1 away in NMC League, Division 2B.

On a small pitch, the hosts made it difficult for Fordham in the opening half, although the visitors were always on top.

Several chances were spurned but on the half hour Graham Ford put his side ahead following Dan Langley's set-up.

Keeper Ben Tuffs made a terrific save to thwart the hosts, but five minutes into the second half, Cottenham equalised only for Fordham to regain the lead minutes later through Alex Theobald.

Theobald then set up Thatcher for Fordham's third and the hosts' resistance was broken.

A further five goals were added in the final 20 minutes with Thatcher scoring again and Robbie Scrivener, Adam Cummings, Jordan Theobald and Charley Reynolds completing the tally.

In Division 5A, Fordham reserves lost 2-1 at home to Isleham United reserves in a close-fought encounter.

Olly Henderson scored for Fordham.

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> Racing

Darley raid could be Angel's agenda

BRONZE Angel could have another crack at Group Three honours in the Darley Stakes at Newmarket next month thanks to winning the Betfred Cambridgeshire for a second time last Saturday.

A strong gallop over nine furlongs on fast ground are the key elements for Bronze Angel, who thrust his trainer Marcus Tregoning back into the limelight when repeating his victory of 2012 in the big autumn handicap.

Bronze Angel (14-1) tried to follow up his first Cambridgeshire success in the Darley Stakes over the same course and distance two years ago, but things were not quite in his favour and he could only finish fifth behind Mull Of Killough.

"It's just a matter of getting everything right," said Tregoning.

"We didn't have to claim off him, as it turned out, but I thought the 5lb was a good advantage. That's why Louis (Steward) took the ride.

"It's not very good for Martin (Dwyer), who had ridden him well at York, but I'm sure he will understand. It's just the way it had to be.

"On the Friday of Champions weekend, there's a Group Three (Darley Stakes), but maybe the ground might not be right by then.

"I suppose I'll probably have to have a go at something like that.

"He's a top-class handicapper, but maybe Group races might be too much for him. He may have a shot at it, but only if the ground is right.

"The mile and one furlong is a key factor. He loves big fields and quite likes a scrum. A strong gallop is really what he wants."

It was a second major handicap win for Steward following his victory at 20-1 on Mutual Regard in the Ebor, but he will now no longer have the asset of his 5lb claim as this was the 50th success of the 19-year-old's career.

Steward, who is apprenticed with Michael Bell, stayed calm and pushed Bronze Angel two-and-a-quarter lengths clear of dead-heating pair Niceofyoutotellme and Velox.

"That was my 50th winner, I am now a 3lb claimer, so that's a nice way of doing it," said Steward.

"He loves a big field, and this is when he comes best on this quick ground.

"The Ebor was spectacular and just to do it again at the end of the year is amazing."

Of the future, Steward added: "I had a word with the boss (Michael Bell), so Dubai is in the pipeline and I think there is a possibility it will be for Godolphin. I've never ridden abroad before so it will be an education."

Elm Park relished every yard of the mile trip to claim the Juddmonte Royal Lodge Stakes, finishing with a late rally for jockey Andrea Atzeni.

"The ground is quick enough for him, he probably wants better ground which is why he came off the bridle quite early I think," said Atzeni.

"He stumbled coming out of the stalls, but he travelled nicely. He started racing quite a long way out, but he came home really well."

Qatar Racing purchased a significant interest in Elm Park, who was supplemented at a cost of £10,000.

Trainer Andrew Balding said: "He's in the Racing Post Trophy – that will be up to Sheikh Fahad and the others, but I'd have said that as long as he's okay, there was no reason why not.

"Royal Lodge winners deserve consideration for the Derby, whether it's the French or the English we'll see, but there's a lot of water to go under the bridge before then."

DOUBLE DELIGHT: Bronze Angel under Louis Steward, yellow cap, wins the Betfred Cambridgeshire

> Football

Jockeys fight back for a draw

NEWMARKET Town twice came from behind as they drew 2-2 at home to Ipswich Wanderers in the Thurlow Nunn League, Premier Division last Saturday.

Lee Clift scored both goals as the Jockeys equalised in both halves.

Newmarket boss Kevin Grainger said: "I was a bit disappointed with the way we went about it.

"After equalising to make it 1-1 at half time we came out in the second half and controlled the game, but then conceded a poor goal straight down the middle."

Mildenhall were 3-0 up after just 21 minutes against Whitton but eventually had to settle for a point as the visitors fought back for a 3-3 draw.

Goals from Steve Holder, Adam Murray and Adam Burrows gave Rovers the perfect start, but Whitton pulled a goal back in the 25th minute and made it 3-2 five minutes later before equalising in the 56th minute.

Mildenhall manager Christian Appleford said: "We should have gone 4-2 up in the second half when Matt Robinson rounded the keeper but put the ball wide. We also hit the crossbar and had a lot of good other chances.

"When you go 3-0 up you expect to win a game, but it was a crazy day of defending."

> Rugby union

Wymondham woe for Newmarket

GARETH Godfrey was left to praise the few who turned out for Newmarket in their 62-3 defeat Wymondham in Greene King IPA Eastern Counties One but rue the fact that they had so few players available for selection.

They had two backs playing in the back row, a prop at No 8, a coach making his debut at fly-half and a debutant at full-back.

Michael Reeves kicked their only points, in the first half, as they turned at the break 24-3 adrift, and the lack of numbers took their toll in the second half.

"It was an embarrassing day for the club but that's not to take anything away from the 16 players who turned up as you can't fault their heart and commitment," said Newmarket director of rugby Godfrey.

"It was embarrassing for the club that we were only able to put 16 players out, that's the embarrassment. You turn up that shorn of numbers and you will get that sort of result.

"The guys that played did well and gave everything they have got for 80 minutes.

"But the players around the squad have to look at themselves and make the commitment to playing, otherwise we will suffer more games like that."

He added: "Sam Rodman was a positive as he played very well at full-back."

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